

Virtual Class Schedule for Nov/Dec 2020

		In Studio	Virtual	Staff
Monday				
5:30am	Circuit Training Express		x	Amber
8:30am	Balanced Flow		x	Jenn
10:00am	Gentle Yoga		x	Mary
4:30pm	Hot Fusion		x	Jenn
5:00pm	Body Blast Express		x	Laurie B
6:15pm	Mindful Movement		x	Jenn
Tuesday				
5:30am	Rise & Shine Express		x	Marcia
9:00am	Barre		x	Laurie B
12:00pm	Gentle Yoga		x	Elle
4:30pm	Recharge & Relax		x	Jenn/Carolyn
5:30pm	Yoga Barre Fusion		x	Madi
6:00pm	Flowing Strength		x	Jenn/Carolyn
7:30pm	Yin Yoga		X	Jenn/Carolyn
Wednesday				
5:45am	Rise & Shine Express		x	Megan
9:00am	Balanced Flow		x	Madi
11:00am	Body Blast Express (starts 12/2)		x	Laurie B
4:30pm	Flowing Strength Express		x	Amber
6:00pm	Warm Yoga Sculpt		x	Therese
7:30pm	Relaxed Yin Flow		x	Jen W
Thursday				
5:30am	Yoga Sculpt Express		x	Amber
7:00am	Pilates Burn Express		x	Laurie B
9:30am	Mindful Movement		x	Jenn
12:00pm	Yin/Restorative		x	Jenn
4:30pm	Balanced Flow		x	Jenn/Carolyn
6:00pm	Inspirational Gentle Flow		x	Kelly
7:30pm	Heated Deep Stretch		x	Jen W.
Friday				
5:45am	Rise & Shine Express		x	Megan
9:00am	Circuit Training Express (starts 12/4)		x	Laurie B
9:30am	Recovery Flow		x	Carolyn
5:00pm	Mindful Mvmnt Express		x	Barbara
Saturday				
7:15am	Body Blast Express		x	Laurie B
8:30am	Flowing Strength		x	Jenn/Carolyn
9:00am	Gentle Rise & Shine		x	Elle
10:30am	O My Yoga		x	Michele
Sunday				
8:30am	Flowing Strength		x	Marcia
10:00am	Barre		x	Megan
11:30am	Mindful Movement		x	Jenna
4:45pm	Gentle Candlelight Flow		x	Elle

 =Changes or new classes