



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
9:30-10:30 AM MOMMY & ME				8:30 - 9:30 AM GENTLE YOGA	10:15 - 11:15 AM PIYO	WORKSHOPS - TBD
5:30 - 6:30 PM VINYASA	5:00 - 6:00 PM PIYO	5:30 - 6:30 PM VINYASA	7:15 - 8:15 PM FITNESS YOGA			

\$50 FOR UNLIMITED MONTHLY CLASSES OR \$12 PER CLASS

MOMMY & ME- Moms and Dads may bring the lil ones along for this Vinyasa based class. Lil yogi's may workout with parents on the floor!

GENTLE YOGA- SLOWER PACED AND RELAXING PRACTICE WITH AN EMPHASIS STRETCH

VINYASA- FLOW YOGA CONNECTING BREATH WITH MOVEMENT, AS WELL AS STATIC POSES

PIYO- HYBRID PRACTICE BLENDING MUSCLE SCULPTING BENEFITS OF PILATES WITH THE FLEXIBILITY OF YOGA

FITNESS YOGA- FITNESS BASED YOGA WITH A FOCUS ON MOVEMENT AND SWEAT!

WORKSHOPS- MONTHLY WORKSHOPS WILL BE AVAILABLE PER SIGN UP WITH ADDITIONAL COST