

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00-7:00am VIRTUAL Sweaty Morning Jumpstart DEE		6:00-7:00am VIRTUAL Sweaty Morning Jumpstart DEE	6:00-7:00am VIRTUAL Sweaty Morning Jumpstart DEE	
						9:00-10:15am VIN Weekend Flow BRIAN
10:30-11:30am Beginner Yoga FIONA	10:30-11:30am Yoga Basics Series PAULA	10:00-11:00am Body Tone ARLENE		10:00-11:00am Body Tone ARLENE	10:30-11:30am Yoga Basics Series PAULA	10:30-11:30am Beginner Yoga FIONA
	12:15-12:50pm VIRTUAL Nooner Flow DEE		2:00-3:00pm Yoga Basics Series PAULA		12:15-12:50pm VIRTUAL Nooner Flow DEE	
4:30-5:10pm VIRTUAL Kids Yoga DEE	4:30-5:30pm Slow Flow VIN BRIAN	4:30-5:30pm Hatha/ VIN Flow TRACEY	4:30-5:30pm Hatha/VIN Flow TRACEY	4:45-5:30pm Prenatal Yoga KARI	4:45-5:45pm VIRTUAL Energy Balancing Flow DEE	
6:00-7:00pm Yoga Basics Series PAULA	5:45-6:45pm Yoga for You CHERI	5:45-6:45pm Prenatal Yoga KARI VIRTUAL Sweaty HIIT Flow DEE	5:45-6:45pm Box N Sculpt SHANNY	5:45-7:00pm Power Flow BRIAN	6:00-7:00pm Yoga Basics Series PAULA	
7:15-8:45pm Yoga Nidra PAULA	7:15-8:15pm Beginner Yoga FIONA	7:00-8:00 Yoga Basics Series PAULA VIRTUAL Sweaty HIIT Flow DEE	7:00-8:00pm Gentle Flow MEGHAN	7:15-8:15pm Beginner Yoga FIONA		
		8:15-9:15PM VIRTUAL Sweaty HIIT Flow DEE				

