

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM - 9:15 AM Nourish Flow w/ Michele	8 AM - 9 AM Power Vinyasa w/ Tiffany	8 AM - 9:15 AM Nourish Flow w/ Michele	8 AM - 9 AM Power Vinyasa w/ Tiffany	8 AM - 9AM Vinyasa Yoga w/ Heather	8:30 AM - 9:15 AM Sculpt 45 w/ Ashley	8:30 AM - 9:30AM Vinyasa Yoga w/ Anne
9:30 AM - 10:30 AM Power Vinyasa w/ Tiffany	9:30 AM - 10:15 AM Sculpt 45 w/ Ashley	9:30 AM - 10:30 AM Power Vinyasa w/ Simon	9:30 AM - 10:15 AM Sculpt 45 w/ Ashley	9:30 AM - 10:30 AM Power Vinyasa w/ Tiffany	9:30 AM - 10:30 AM Vinyasa Yoga w/ Ashley	
						10 AM - 11 AM Yoga Church w/ Tiffany
	11 AM - 12:30 PM Yoga On The Inside w/ Eddie & Kristin	11 AM - 12 PM Slow Flow w/ Anne	11 AM - 12:30 PM Yoga On The Inside w/ Eddie & Kristin	11 AM - 12:30 PM Womb Wisdom w/ Kylie		
12 PM - 1 PM Vinyasa Yoga w/ Erin D						
4:30 PM - 5:15 PM Sculpt 45 w/ Tiffany		4:30 PM - 5:15 PM Sculpt 45 w/ Tiffany				
5:30 PM - 6:30 PM Strength + Mobility w/ Gray	5:30 PM - 6:45 PM Vinyasa Yoga w/ Danielle	5:30 PM - 6:30 PM Strength + Mobility w/ Gray	5:30 PM - 6:45 PM Vinyasa Yoga w/ Danielle	5:30 PM - 6:30 PM Power Vinyasa w/ Ashley	5:30 PM - 6:30 PM Power Vinyasa w/ Kaya	5:30 PM - 6:45 PM Vinyasa Yoga w/ Danielle
6:45 PM - 7:45 PM Yang Yin Flow w/ Ashley	7 PM - 8 PM Candlelit Yin w/ Blair	6:45 PM - 7:45 PM Restorative Yoga w/ Gray	7 PM - 8 PM Candlelit Yin w/ Kaya	6:45 PM - 7:45 PM Yang Yin Flow w/ Ashley		7 PM - 8 PM Candlelit Yin w/ Blair
Power Vinyasa	Vinyasa Yoga	Yoga Sculpt	Nourish Flow	*This schdule is subject to change.		
Yoga On The Inside	Womb Wisdom	Yin + Restorative	Strength + Mobility			