

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 AM Total Body Sculpt Olivia	9:30-10:30 AM Slow Flow Moe	9:30-10:30 AM Gentle Yoga Sarah E.	9:30-10:30 AM Vinyasa Yoga Moe	9:30-10:30 AM Gentle Yoga Sarah E.	9:30-10:30 AM Vinyasa Yoga Jim	7:30-8:30 AM Hatha Yoga Sarah E.
11:00-12:00 PM Gentle Yoga Moe	11:00-12:00 PM Vinyasa Yoga Moe Chair Yoga (downstairs) Monica	11:00-12:00 PM Hatha Yoga Sarah E.	11:00-12:00 PM Gentle Yoga Moe	11:00-12:00 PM Hatha Yoga Sarah E. ----- Chair Yoga (downstairs) Moe	11:00-12:00 PM Slow Flow Yoga Jim	9:00-10:00 AM Yoga & Meditation Sarah E.
5:00-6:00 PM Restorative Yoga Sarah E.		6:00-7:00 PM Total Body Sculpt Olivia	5:30-7 PM Adult Salsa Dance *registration required			11:00-12:00 PM Slow Flow Yoga Moe
6:30-7:30 PM Yoga & Meditation Sarah E.	7:30-8:30 PM Restorative Yoga Moe	7:30-8:30 PM Vinyasa Yoga Moe	7:15-8:45 PM Adult Bachata Dance *registration required	7:15-8:15 PM Tai Chi Peter *registration required	7:00-8:30 PM Adult Salsa Dance *registration required	