

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	9:30-10:30 AM Slow Flow Yoga Sarah	9:30-10:30 AM Gentle Yoga Moe	9:30-10:30 AM Vinyasa Yoga Jim	9:30-10:30 AM Vinyasa Yoga Sarah
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 Slow Flow Yoga Sarah	11:00-12:00 PM Gentle Yoga Sarah	11:00-12:00 PM Chair Yoga (downstairs) Moe	11:00-12:00 PM Slow Flow Yoga Jim	11:00-12:00 PM Gentle Yoga Sarah
		6:00-7:00 PM Total Body Sculpt Olivia	6:00-7:00PM Vinyasa Yoga Brianna			
	7:30-8:30 PM Restorative Yoga Moe	7:30-8:30 PM Vinyasa Yoga Moe	7:30-8:30 PM Slow Flow Yoga Brianna	7:15-8:15 PM Tai Chi Peter *registration required		