


TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	Heated Pilates	Yoga Sculpt	Heated Pilates Reformer Fusion	Yoga Sculpt	Heated Yoga Pilates Fusion		
7:00AM					Gentle Flow		
8:00 AM						Heated Power Yoga	
9:00 AM	Baby & Me Fitness		Baby & Me Fitness		Hatha Yoga	Zumba with Taiy	HIIT Dance
4:00 PM					Yoga Pilates Fusion		
5:00 PM	Stretch and Strength	Yoga Pilates Fusion	Beginner Barre	Contemporary Dance 			
6:00 PM	Beginner Ballet Barre	Gentle Yoga	Advanced Barre	HIIT Dance			
7:00 PM	Yin Yoga	Yoga Nidra	HIIT Power Party	Vinyasa Flow			Restorative Yoga
8:00 PM			Candlelight Yoga				