



**\*\*Always check online to ensure most accurate schedule\*\***

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY CLOSED	SUNDAY
<b>8:00AM EXPRESS</b>		EAST FUSION (PILATES+YOGA) Caren		EAST FUSION (PILATES+YOGA) Caren				
<b>8:15AM</b>	REFORMER CONDITIONING Caren				REFORMER STRONG Caren	8:15AM		REFORMER STRONG Caren
<b>9:30AM</b>	YOGA FUSION (YOGA+QI GONG) Suse	REFORMER FOUNDATIONS Caren	HIPS & TWISTS HATHA YOGA Gregory	REFORMER CONDITIONING Caren	HIPS DON'T LIE PILATES Desta	9:30AM		EAST FUSION (PILATES+YOGA) Caren
<b>11:00AM</b>		MELLOW YIN YOGA Lucy		RESTORATIVE PILATES Caren		11:00AM		MELLOW YIN YOGA Leslie
<b>12:30PM</b>	MAT PILATES COMMUNITY CLASS Various Instructors		REFORMER FOUNDATIONS Caren		HATHA FLOW YOGA Desta	1:00PM		
<b>4:00PM</b>		REFORMER CONDITIONING Caren		REFORMER FOUNDATIONS Caren		4:00PM		SLOW VINYASA FLOW YOGA Angela
<b>5:15PM</b>	REFORMER STRONG Caren	VINYASA FLOW YOGA Heather	UP IN ARMS PILATES Caren	SLOW VINYASA FLOW YOGA Jenn W	HEART FLOW YOGA Kim			
<b>6:30PM</b>	FULL BODY FLOW PILATES Desta	RESTORATIVE FLOW YOGA Heather	CARDIO REFORMER Caren	POWER & FLOW YOGA Desta				
<b>7:30PM</b>			REFORMER CONDITIONING Caren					