

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am Zen Studio		EAST Fusion (Yoga+Pilates) Caren	Hips Don't Lie Pilates Heather FREE	EAST Fusion (Yoga+Pilates) Caren			
8:15am Evolve Studio	Cardio Reformer				Reformer Conditioning		Reformer Strong
9:30am Zen Studio	Vinyasa Flow Yoga Caren		EAST Fusion (Yoga+Pilates) Heather		Hips Don't Lie Pilates Caren	Heart Flow Yoga Kim	EAST Fusion (Yoga+Pilates) Caren
9:30am Evolve Studio		Reformer Strong		Reformer Foundations			
11:00am Zen Studio	Restorative Pilates Angela	Mellow Yin Yoga Leslie	Mom & Babe Pre-Registration	Restorative Pilates Caren	Mom & Babe Pre-Registration	EAST Fusion (Yoga+Pilates) Kim FREE	Mellow Yin Yoga Leslie
11:00am Evolve Studio							Reformer Foundations
12:30pm Zen Studio	Hips Don't Lie Pilates Angela FREE		EAST Yoga Community FREE		Hatha Flow Yoga Jenn		
12:30pm Evolve Studio			Reformer Conditioning				
4:00pm Zen Studio							Restorative Flow Yoga Angela
4:00pm Evolve Studio	Reformer Foundations				Reformer Strong		
5:15pm Zen Studio		Vinyasa Flow Yoga Heather	Up in Arms Pilates Kim	Hatha Flow Yoga Jenn			
5:15pm Evolve Studio	Reformer Conditioning						
6:30pm Zen Studio	Full Body Pilates Desta	Restorative Flow Yoga Heather	Heart Flow Yoga Kim				
6:30pm Evolve Studio				Cardio Reformer			