



## WINTER 2024 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45am Vinyasa Express LEAH		6:00-6:45am Vinyasa Express BRIA		6:00-6:45am Vinyasa Express MARK		
	6:15-7:00 am Barre MEGAN H.	6:15-7:00 am Barre CLAIRE	6:15-7:00 am Barre HILLARY	6:15-7:00 am Barre BRI		
					8:00-8:45 am Power Core ATHENA	8:00-8:45 am Indoor Barre TEACHER ROTATION
8:30-9:30 am Vinyasa I CATHERINE	8:30-9:30 am All Levels Vinyasa BRIA/LISA	8:30-9:30 am Vinyasa II JULIE	8:30-9:30 am Vinyasa II ALLIE	8:30-9:30 am Vinyasa II KATE C.		
					9:00-10:15 am Vinyasa II TEACHER ROTATION	9:00-10:15 am Power Vinyasa JULIE
10:00-11:00 am Beginner Yoga Series* CATHERINE	9:45-10:30 am Circuit MEGHAN T.			9:45-10:45 am Indoor Yin Yoga KATE C.		
					11:00-12:00 pm Yin Yoga KATE R.	11:00-12:00 pm Prenatal Yoga LEAH
				12:00-12:45 am Barre MEGAN H.		
						4:00-5:00 pm Gentle Yoga THERESA
5:30-6:30 pm Power Vinyasa BROOKE	5:30-6:30 pm Vinyasa II JULIE	5:30-6:30 pm Vinyasa I BRETT	5:30-6:30 pm Vinyasa II LISA			
6:00-6:45 pm Barre BRI						
7:00-8:00 pm Yin Yoga TONI	7:00-8:00 pm Beginner Yoga Series* CATHERINE	7:00-8:00 PM Vinyasa II ATHENA	7:00-8:00 pm Gentle Yoga CASS			

\*The Beginner Yoga series runs for 4 weeks Mondays at 10am and Tuesdays at 7pm, January 8 to January 30. Special rates apply.