

# Winter 2021 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Morning Yoga 6:00-7:00 Amy					
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM		Aliqinment Flow 8:30-9:30 Miriam		Aliqinment Flow 8:30-9:30 Miriam	Pilates 8:15-9:15 Kristen		
9:00 AM							Iyenqar Yoqa 9:00-10:15 Caroline
9:30 AM						Pilates 9:15-10:15 Kristen	
10:00 AM							
10:30 AM	Yoqa for Everybody 10:30 -11:30 Wendy	Tai Chi 10:00-11:00 Karen P.	Yoqa for Everybody 10:30-11:30 Jen		Yoqa for Everybody 10:30 -11:30 Wendy	Vinyasa Flow Yoqa 10:30-11:45 Susan D.	
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Iron Yoga 12:00-1:00 Karen S.	Center Barre 12:00-1:00 Wendy	Tai Chi 12:00-1:00 Karen P.	Center Barre 12:00-1:00 Wendy	Yin Yoqa Hips & Hammies 12:00-1:00 Karen S.		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							Slow Flow & Deep Stretch 3:00-4:00 Jen
4:00 PM		Restorative Yoqa 4:00-5:00 Miriam		Restorative Yoqa 4:00-5:00 Miriam			
4:30 PM							Head to Toe Flow 4:30-5:30 Amy
5:00 PM					Happy Hour Yoqa 5:00-6:00 Wendy		
5:30 PM	Vinyasa Flow Yoqa 5:30-6:45 Karen S.	Intermediate Pilates 5:30-6:30 Kristen		Rotating Series 5:30-6:30			
6:00 PM							
6:30 PM			Iron Yoqa 6:15-7:15 Karen S.				
7:00 PM		Power Hour 7:00-8:00 Alisa		Power Hour 7:00-8:00 Alisa			
7:30 PM							