Weekly Class Schedule

Monday

7:45 Rise & Align — Nyree
12:00 Midday Express — Traci
5:15 Micro Barre Sculpt — Laury
6:00 Hot Salt Stone Hatha Flow — Traci
6:15 Align & Elevate — Tom

Tuesday

9:00 Beginners Yoga — Anastasia
12:00 Midday Express — Traci
5:45 Beginners Yoga — Amy
6:00 Vinyasa Flow — Melissa

Wednesday

12:00 Midday Express — Anastasia
5:45 Relax & Restore — Amaya
6:00 Beach Yoga — Traci
6:15 Micro Barre Sculpt — Laury

Thursday

12:00 Midday Express — Anastasia
5:00 Barre Fitness — Amy
6:00 Salt + Soul Flow — Anastasia
7:15 Yin Yoga — Anastasia

Friday

9:15 Yoga Sculpt — Anastasia
12:00 Midday Expresss — Anastasia

Saturday

8:00 Barre Fitness — Amy
8:30 Beach Yoga — Traci
9:00 Yoga 101 — Am
9:30 Weekend Warrior Flow — Anastasia

Sunday

8:30 Yoga Dance Fusion — Kim
9:00 Yoga Flow — Nanci