

Class Schedule Winter 2012

Always sign up 24h in advance! - Please note our 24h cancellation policy!

! check website for changes and updates !

- ALL classes require a 2 person min for class to take place!
- A 1 person class can be converted into a private session for \$50.-

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:30 Front		Refor/Mat Lisa			Refor/Mat Lisa		
8:30 Back	Vinyasa Yoga Kelly				Vinyasa Yoga Kelly	Mat Mayra	Gentle Yoga Kelly
9:30 Front	20/20/20 Lisa		20/20/20 Lisa	Reformer Mayra	20/20/20 Lisa	Mat Lauren	20/20/20 Lisa/Lauren
9:30 Back		Barre Fitness Vicky			Barre Fitness Vicky		
10:30 Front	Refor/Mat Lisa	Refor/Mat Mayra	Mat Mayra	Refor/Mat Mayra		Reformer Lauren	Tower Lisa/Lauren
10:30 Back			Vinyasa Yoga Jodi				
11:30 Front	Reformer Lauren W.	Tower Mayra	Equipment Lisa		Tower Lauren W.	Reformer Lauren	
3:00-4:00		Gentle Yoga Theresa		Gentle Yoga Theresa			
4:30-5:30		Refor/Mat Lauren	Equipment Mayra	Refor/Mat Mayra			
5:30-6:30	5pm!! Equipment Mayra	Reformer Lauren		Reformer Mayra			
6:30-7:30	Reformer Mayra	Mat Lauren		Equipment Mayra			

Explanations: 20/20/20: 20min each on mat, reformer and tower
 Refor/Mat: 30 min on mat, 30 min on reformer
 Equipment: a combination of reformer and tower exercises