

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-9am Mysore (Ashtanga Yoga) Holly	6:30-9am Mysore (Ashtanga Yoga) Holly	6:30-9am Mysore (Ashtanga Yoga) Steven	6:30-9am Mysore (Ashtanga Yoga) Holly	6:30-9am Mysore (Ashtanga Yoga) Holly		8-9:30am Ashtanga Primary Series (Ashtanga Yoga) Holly
9:15-10am Strength + Row (HIIT) Mary Lou	9:15-10am Barre + Pilates (Barre/Pilates) Mary Lou	9:15-10am Strength + Row (HIIT) Joe	9:15-10am Barre + Pilates (Barre/Pilates) Mary Lou	9:15-10am Total Body Workout (Strength & Cardio) Suzi	9:00-10am Strength & Cardio (Strength & Cardio) Trish	10:00-11am Strong (Strength & Cardio) Carrie W
10:00-11am Fit (Strength & Cardio) Carrie W	10:15-11am Intro to Aerial (Aerial Yoga) Karina	10:15-11:15am Intro to Stick Mobility (Corrective Exercise) Carrie W	10:15-11am Aerial Yoga (Aerial Yoga) Karina		10:15-11:15am Yin Meets Yang (Yoga) Amy	11:15-12:15pm ReWork (Corrective Exercise) Carrie W
10:15-11:15am Flex & Stretch (Hypervolt/Stretch) Mary Lou	11:15-12:15pm Strong (Strength & Cardio) Carrie W	10:15-11:15am Flex & Stretch (Hypervolt/Stretch) Mary Lou	10:00-11am Fit (Strength & Cardio) Carrie W	10:15-11:15am Flex & Stretch (Hypervolt/Stretch) Mary Lou		
11:00-12pm ReWork (Corrective Exercise) Carrie W	4:30-5:15pm Flex & Stretch (Hypervolt/Stretch) Mary Lou	12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou	11:00-12pm ReWork (Corrective Exercise) Carrie W	12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou		
12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou	5:15-6:15pm ReWork (Corrective Exercise) Carrie W					
5:30-6:30pm Sculpt (Strength & Cardio) Jen	6:15-7:15pm AG Fly Girlz Groove (Dance/Fit) Carrie W	4:30-5:15pm Balance, Balls & Bands (Strength & Cardio) Mary Lou	5:30-6:30pm Yin Meets Yang (Yoga) Amy	5:00-6pm Chakra Flow (Yoga) Katie B.		5:00-6pm Gentle Yoga Flow (Yoga) Katie H.
		5:30-6:30pm Intro to Ashtanga (Yoga) Holly				