

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) Dory	9:15-10am Pilates Plus (Pilates) Mary Lou	9:15-10am Strength + Row (HIIT) Neil	9:15-10am Pilates Plus (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 Flex & Stretch (Hypervolt/Stretch) Mary Lou	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	11:00-12:00pm Stick Fit (Corrective Exercise) Carrie W	11:15-12pm Fit (Strength & Cardio) Carrie W	10:15-11:15am Flex & Stretch (Hypervolt/Stretch) Mary Lou	11:30-12:30pm Stick Fit (Free) Feb 4, 11 Carrie W	
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	12:00-1pm ReWork (Corrective Exercise) Carrie W	12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou	1-2:30pm Pop-Up AG Fly Girlz Dance Class Feb 4, 11, 18 Carrie W	
12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou	5:30-6:30pm Stick Fit (Corrective Exercise) Carrie W					
5:30-6:30pm Core Sculpt (Strength & Cardio) Jen	6:30-7:30pm AG Fly Girlz Dance Series #2 (Dance/Fit) Carrie W	4:30-5:15pm Balance, Balls & Bands (Strength & Cardio) Mary Lou	5:30-6:30pm Yin Meets Yang (Yoga) Amy	5:30-6:30pm Chakra Flow (Yoga) Katie B.		5:00-6pm Gentle Yoga Flow (Yoga) Katie H.
		5:30-6:30pm Intro to Ashtanga (Yoga) Holly				