

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		
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	9:00-9:45am Cardio Power (Strength & Cardio) Trish	8-9:30am Ashtanga Primary Series (Ashtanga Yoga) Holly
10:15-11am Fit (Strength & Cardio) Carrie W	10:15-11am Strong (Strength) Carrie W	10:15-11:00am Stick Fit (Mobility & Strength) Carrie W	10:15-11am Fit (Strength & Cardio) Carrie W	10:15-11am Barre Sculpt (Barre) Dory	10:15-11:15am Yin Meets Yang (Yoga) Amy	10:00-11am Strong (Strength) Carrie W
10:15-11:15am Flex & Stretch (Hypervolt/Stretch) *Mat Room Mary Lou		10:15-11:15am Flex & Stretch (Hypervolt/Stretch) *Mat Room Mary Lou		10:15-11:15am Flex & Stretch (Hypervolt/Stretch) *Mat Room Mary Lou	11:30-12:30pm Stick Fit (Mobility & Strength) Carrie W	11:15-12:00pm ReWork (Posture & Alignment) Carrie W
11:15-12:00pm ReWork (Posture & Alignment) Carrie W	12:15-1pm Improv Yoga (Yoga) Holly	11:15-12:00pm ReWork (Posture & Alignment) Carrie	12:15-1pm Aerial Yoga (Aerial Yoga) Karina			
12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou	4:30-5:15pm Flex & Stretch (Hypervolt/Stretch) *Studio Room Mary Lou	12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou		12:15-1pm TRX Sculpt (Strength & Cardio) Mary Lou		
5:30-6:15pm Sculpt (Strength & Cardio) Trish	5:30-6:15pm Stick Fit (Mobility & Strength) Carrie W	4:30-5:15pm Balance, Balls & Bands (Strength & Cardio) Mary Lou	5:30-6:15pm TRX Sculpt (Strength & Cardio) Mary Lou	5:30-6:30pm Chakra Flow (Yoga) Katie B.	Hours of Operation Sunday: 8am - 1pm Monday: 6:30am - 7pm Tuesday: 6:30am - 7pm Wednesday: 6:30am - 7pm Thursday: 6:30am - 7pm Friday: 6:30am - 6:30pm Saturday: 9am - 1pm	
6:30-7:15pm Low Flow (Aerial Yoga) Karina	6:30-7:30pm AG Fly Girlz Dance Series #3 (Dance/Fit) Carrie W	5:30-6:30pm Intro to Ashtanga (Yoga) Holly	6:30-7:30 Yin Meets Yang (Yoga) Amy			