

SCHEDULE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------------------------|-----------------------------------|------------------------------------|-----------------------------------|----------------------------------|--|-------------------------------------|
| MORNING | | | | | | |
| | | 630-730 RISE + SHINE Cadie | | 630-730 RISE + SHINE Cadie | | |
| 9-1015 FLOW Stephanie | | | | | | 9-1015 FLOW Myriam |
| | 930-1030 KATONAH® Stephanie | 930-1030 SLOW FLOW Stephanie | 930-1030 SLOW FLOW Cadie | 930-1030 HATHA Anjul | 930-1030 FLOW Sherri | |
| MIDDAY | | | | | | |
| 11-1230 ROCKET® Cadie | | | | | | 11-12 PILATES-HIIT Niamh |
| | | 1130-1230 FLOW Val | | 1130-1230 FLOW Stephanie | 1130-1230 RESTORATIVE Ang | |
| 4-515 RESTORATIVE Myriam | | | | | | |
| | | | 430-530 \$7 COMMUNITY Naomi | | 430-530 \$7 COMMUNITY Liz | 430-530 \$7 COMMUNITY Sam/Val |
| EVENING | | | | | | |
| | 6-7 HATHA Sherri | 6-7 FLOW Cadie | 6-7 FLOW Stephanie | 6-7 FLOW Maria | 6-7 ZEN GROUP (every other week) | |
| | 730-830 \$7 COMMUNITY Liz | 730-830 YIN Kamaria | 730-830 PILATES-HIIT Niamh | 730-830 \$7 COMMUNITY Liz | | |

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