

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 Christen	930-1030 SLOW FLOW Sherri	930-1030 SLOW FLOW AB	930-1030 FLOW Sherri	
MIDDAY						
11-1230 ROCKET® Cadie						11-12 PILATES Niamh
		1130-1230 FLOW Naomi	1130-1230 FLOW Christen	1130-1230 FLOW Stephanie		
4-515 RESTORATIVE Myriam						
			430-530 \$7 COMMUNITY Naomi		430-530 \$7 COMMUNITY Liz	430-530 \$7 COMMUNITY Naomi
EVENING						
	6-7 HATHA Sherri	6-7 FLOW Cadie	6-7 FLOW Stephanie	6-7 FLOW Maria	6-7 HATHA Billy	
	730-830 \$7 COMMUNITY Liz	730-830 YIN Kamaria	730-830 PILATES Niamh	730-830 \$7 COMMUNITY Liz		