



Intro-Month \$59
 Drop-in Class \$19
 All-Access Membership \$119/month
 Mini-Membership \$69/month
 10-Class Pack \$175
 Community Yoga \$6 or 5/\$25

SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
MORNING						
		630-730 RISE + SHINE Cadie		630-730 RISE + SHINE Cadie		
9-1015 FLOW Stephanie						
	930-1030 FLOW Stephanie	930-1030 SLOW FLOW Christen	930-1030 SLOW FLOW Steph/Michael	930-1030 FLOW Lisa	930-1030 FLOW Sherri	930-1045 FLOW Lisa
MIDDAY						
11-1230 ROCKET Cadie						11-12 PILATES Niamh
		1130-1230 FLOW Naomi	1130-1230 FLOW Christen	1130-1230 SLOW FLOW Foster		
4-515 RESTORATIVE Lisa						
			430-530 \$6 COMMUNITY Naomi		430-530 \$6 COMMUNITY Stephanie	430-530 \$6 COMMUNITY Naomi
EVENING						
	6-7 HATHA Sherri	6-7 FLOW Cadie	6-7 ROCKET Cadie	6-7 SLOW FLOW Maria	6-7 HATHA Billy	
	715-815 \$6 COMMUNITY Liz	715-830 YIN Kamaria	715-815 PILATES Niamh	715-815 \$6 COMMUNITY Niamh		

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