

# CLASS SCHEDULE



## MONDAY

7:30 am – 8:45 am ..... Slow Flow  
9:15 am – 10:30 am ..... Align/Flow  
11:00 am – 12:00 pm ..... Slow Flow  
4:15 pm – 5:15 pm ..... Gentle  
5:45 pm – 7:00 pm ..... Align/Flow

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## TUESDAY

7:30 am – 8:45 am ..... Gentle  
9:15 am – 10:30 am ..... Align/Flow  
11:00 am – 12:00 pm ..... Slow Flow  
4:15 pm – 5:15 pm ..... Slow Flow  
5:45 pm – 7:00 pm ..... Align/Flow

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## WEDNESDAY

7:30 am – 8:30 am ..... Structural  
9:15 am – 10:30 am ..... Align/Flow  
11:00 am – 12:00 am ..... Yin  
4:15 pm – 5:15 pm ..... Gentle  
5:45 pm – 7:00 pm ..... Align/Flow II

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## THURSDAY

7:30 am – 8:45 am ..... Gentle  
9:15 am – 10:30 am ..... Align/Flow  
11:00 am – 12:00 pm ..... Slow Flow  
12:00 pm – 1:00 pm ..... Ropes + Slings  
4:15 pm – 5:15 pm ..... Align/Flow  
5:45 pm – 7:00 pm ..... Restorative

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## FRIDAY

7:30 am – 8:45 am ..... Gentle  
9:15 am – 10:30 am ..... Align/Flow  
11:00 am – 12:00 pm ..... Slow Flow  
4:15 pm – 5:30 pm ..... Gentle

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## SATURDAY

8:00 am – 9:30 am ..... Gentle  
10:00 am – 11:15 am ..... Align/Flow II

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## SUNDAY

9:00 am – 10:15 am ..... Align/Flow  
11:00 am – 12:30 pm ..... Yin  
4:30 pm – 5:30 pm ..... Slow Flow

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