

SUNDAY

YINYASA YOGA
W/ KERYN
10:45-11:45 A.M.
YOGA STUDIO

MONDAY



GENTLE YOGA FLOW
W/ KERYN
8:30-9:30 P.M.
YOGA STUDIO

HIP HOP DANCE
W/ ALANNA
8:30-9:30 P.M.
AEROBIC STUDIO

TUESDAY

SLOW FLOW YOGA
W/ LIANNA
5:15-6:15 P.M.
YOGA STUDIO

CORE AND CURVE 101
W/ TY
5:30-6:30 P.M.
AEROBIC STUDIO

TOTAL BOOTCAMP
W/ TY
6:30-7:30 P.M.
AEROBIC STUDIO

STEP BODY-GROOVE
W/ ALANNA
8-9 P.M.
AEROBIC STUDIO



HIP HOP DANCE
W/ ALANNA
9:30-10:30 P.M.
AEROBIC STUDIO

WEDNESDAY

BARRE
W/ DONNA
5:30-6:30 P.M.
AEROBIC STUDIO

YINYASA YOGA
W/ LIANNA
5:30-6:30 P.M.
YOGA STUDIO

SPIN
W/ DONNA
6:30-7:30 P.M.
CYCLE STUDIO

GENTLE YOGA FLOW
W/ KERYN
8:30-9:30 P.M.
YOGA STUDIO



THURSDAY



CARDIO/CORE + MORE
W/ DONNA
5:30-6:30 P.M.
YOGA STUDIO

CORE AND CURVE 101
W/ TY
5:30-6:30 P.M.
AEROBIC STUDIO

TOTAL BOOTCAMP
W/ TY
6:30-7:30 P.M.
AEROBIC STUDIO

ALL-LEVELS VINYASA YOGA
W/ LIANNA
7-8 P.M.
YOGA STUDIO

GENTLE YOGA
W/ LIANNA
8-9 P.M.
YOGA STUDIO

FRIDAY