

Class Schedule - Effective March 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:00 - 10:00</b> In-Studio Gentle Yoga Flow Alison	<b>9:00 - 10:00</b> In-Studio Nia Ann	<b>9:00 - 10:00</b> In-Studio Gentle Yoga Shelley	<b>9:00 - 10:00</b> In-Studio Gentle Yoga Diane	<b>9:00 - 10:00</b> In-Studio Gentle Yoga Alison	<b>9:00 - 10:00</b> Virtual/In-Studio Gentle Yoga Julia	<b>9:00 - 10:00</b> Virtual/In-Studio Gentle Hips Dawn-Marie
<b>9:30 - 10:30</b> Virtual/In-Studio Core & More Dawn-Marie	<b>9:30 - 10:30</b> Virtual/In-Studio Gentle Yoga Cathy	<b>9:30 - 10:30</b> Virtual/In-Studio Gentle Flow and Yin Joseph	<b>9:30 - 10:30</b> Virtual/In-Studio Hatha Yoga Marie-Lyne	<b>9:30 - 10:30</b> Virtual/In-Studio Gentle Yoga Flow Glenda	<b>9:15 - 10:15</b> In-Studio Yoga Flow 2-3 Marie-Lyne	<b>9:15 - 10:15</b> In-Studio Yoga Flow 1-2 Diane
<b>10:45 - 11:45</b> Virtual/In-Studio Gentle & Restorative Dawn-Marie	<b>10:45 - 11:45</b> Virtual/In-Studio Pilates Fusion Cathy	<b>10:45 - 12:00</b> In-Studio Restore & Align Michael	<b>10:45 - 11:45</b> Virtual/In-Studio Yoga Tone Marie-Lyne	<b>10:45 - 11:45</b> Virtual/ In-Studio Yoga on the Ball Michael	<b>10:30 - 11:30</b> Virtual/In-Studio Barrelates Anita	<b>10:30 - 11:30</b> Virtual/In-Studio Yin Yoga Diane
<b>12:00 - 1:00</b> Virtual/In-Studio Chair Yoga Lisa		<b>12:00 - 1:00</b> Virtual/In-Studio Gentle Hips Dawn-Marie		<b>12:00 - 12:45</b> In-Studio Zumba Christine	<p><b>*Upcoming Workshops</b></p> <p><b>Yoga for Golfers with Diane</b>            Thursdays, March 23 to April 13            6:30 p.m. to 7:45 p.m.</p> <p><b>Mini-Escape: Hot Stone Reiki Restorative with Julia &amp; Christina</b>            Saturday, March 25            1:00 p.m. to 3:00 p.m.</p> <p><b>Triple Bliss!: Sound Bath-Yin-Yoga-Nidra with Cindy</b>            Sunday, March 26            4:00 p.m. to 5:30 p.m.</p> <p><b>Intro to Meditation with Cathy</b>            Monday, March 27            10:30 a.m. to 11:30 a.m.</p>	
	<b>1:00 - 2:00</b> In-Studio Gentle Yoga Flow Tina		<b>1:00 - 2:15</b> Virtual/ In-Studio Gentle Somatic Yoga Glenda	<b>1:00 - 2:00</b> Virtual/In-Studio Yin Yoga Glenda		
<b>5:30 - 6:30</b> Virtual/In-Studio Hatha Yoga Su	<b>5:30 - 6:15</b> In-Studio Zumba Christine	<b>5:30 - 6:30</b> Virtual/In-Studio Yogalates Anita				
<b>7:00 - 8:00</b> Virtual/In-Studio Gentle Yoga Flow & Let Go Su	<b>7:00 - 8:15</b> Virtual/In-Studio Yin & Meditation Brian	<b>7:00 - 8:00</b> Virtual/In-Studio Gentle & Restorative Christina	<b>7:00 - 8:00</b> Virtual/In-Studio Gentle Yoga with Nidra Julia			
Schedule Subject to Change. *Registration and separate fee may be required.						