

Fall Schedule - Effective October 21, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Joseph	9:00 - 10:00 Nia Natasha	9:00 - 10:00 Gentle Yoga Shelley	9:00 - 10:00 Gentle Yoga Diane	9:00 - 10:00 Gentle Yoga Laura	9:00 - 10:00 Gentle Yoga (V) Brian	9:00 - 10:00 Happy Hips Fitness (V) Dawn-Marie
9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Gentle Yoga (V) Cathy		9:30 - 10:30 Core & More Fit (V) Dawn-Marie	9:30 - 10:30 Yoga Flow 1-2 (V) Shelley	9:15 - 10:15 Yoga Flow 2-3 Julia	9:15 - 10:15 Yoga Flow 1-2 Ksenia
10:30 - 11:15 Crystal Bowl Relaxation Glenda	10:15 - 11:15 Qigong Flow Glenda	10:30 - 11:30 Fitness Fusion Shelley	10:45 - 11:45 Hatha Yoga Bhavin	10:30 - 11:30 Balance, Strength & Stretch Yoga Alison	10:15 - 11:15 Yin Yoga Christina	10:30 - 11:30 Yin Yoga (V) Diane
10:45 - 11:45 Gentle & Restorative Dawn-Marie	10:45 - 11:45 Pilates Fusion (V) Cathy	10:45 - 12:00 Restore & Align Yoga Michael		12:00 - 12:45 Zumba Gold Christine	10:30 - 11:30 Barrelates Mix Anita	
12:00 - 1:00 Chair Yoga Darlene	1:00 - 2:00 Gentle Yoga Flow Diane	1:00 - 2:00 Gentle Flow & Meditation Laura	1:00 - 2:15 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Glenda	<p align="center">Upcoming Workshops & Events*</p> <p align="center">Seated Qigong Flow for Happy Lungs with Glenda Thursday, November 14 11:00 p.m. to 11:45 a.m.</p> <p align="center">Shamanic Journey Experience with Laura Tuesday, November 19 6:00 p.m. to 7:15 p.m.</p> <p align="center">Drumming for Healing & Transformation with Julie Tuesday, November 26 12:00 p.m. to 1:00 p.m.</p>	
5:30 - 6:30 Hatha Yoga Su	5:30 - 6:30 Gentle Yoga Bhavin	5:30 - 6:30 Yogalates (V) Anita				
5:45 - 6:45 Gentle Yoga Ivana	7:00 - 8:15 Yin & Meditation (V) Brian	7:00 - 8:00 Gentle Yoga New! Julia L.	6:00 - 7:00 Hatha Yoga Michael			
7:00 - 8:00 Flow & Let Go (V) Su	7:30 - 8:30 Yoga Flow 1-2 Ksenia		7:30 - 8:30 Gentle Yoga with Nidra (V) Julia			
<p align="center">Schedule Subject to Change. *Registration and separate fee may be required. (V) indicates virtual sign-up available in addition to live in-studio class.</p>						