

BALANCE

yoga + barre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15 am: Flow ① ② <i>Vicki</i>		6:15 am: Flow ① ② <i>Vicki</i>			
	8:00 am: Core ① ② <i>Kathy</i>		8:00 am: Core ① ② <i>Stevi</i>		8:00 am: Flow ① ② <i>Adam/Heather/ Vicki</i>	
9:30 am: Barre ① ② <i>Carson</i>	9:30 am: Flow ② <i>Sara</i>	9:30 am: Barre ① ② <i>Kathy</i>	9:30 am: Flow ② <i>Sara</i>		9:30 am: Flow ① ② <i>Rheagan/Carolyn</i>	
			11:00 am: Prenatal Yoga ① <i>Sara</i>			
12:30 pm: Flow ① ② <i>Vicki</i>	12:30 pm: Flow ① ② <i>Julia</i>	12:30 pm: Beginner Flow ① <i>Vicki</i>	12:30 pm: Flow ① ② <i>Adam</i>	12:30 pm: Flow ① ② <i>Heather</i>		1:30 pm: Flow ① ② <i>Heather</i>
		2:00 pm: Chair Yoga ① <i>Chris</i>		2:00 pm: Chair Yoga ① <i>Chris</i>		
5:15 pm: Sweat ② ③ <i>Rheagan</i>	5:15 pm: Barre ① ② <i>Carson</i>	5:15 pm: Flow ① ② <i>Rheagan</i>	5:15 pm: Flow ① ② <i>Adam</i>	5:45 pm: Happy Hour Yoga ② ③ <i>Rheagan</i>		3 pm: Restore ① <i>Heather</i>
6:30 pm: Deep ③ (75 minute class) <i>Adam</i>	6:30 pm: Flow ① ② <i>Vicki</i>	6:30 pm: Restore ① <i>Heather</i>	6:30 pm: Flow ① ② <i>Rheagan</i>			

①: Beginner

②: Intermediate

③: Advanced

Revised 5.1.17

All **Flow** and **Sweat** classes will be heated.