

SEPTEMBER



YOGA/SPIN

(Studio 2)

MON

TUE

WED

THUR

FRI

SAT

SUN

8:30 AM

STRETCH &
RECOVER (30 MINS)

(ALISON)

8:30 AM

VINYASA FLOW

(CAROLINE)

8:30 AM

VINYASA FLOW

(CAROLINE)

8:00 AM

ESSENTIAL YOGA

(SHAVON)

8:30 AM

FLOW & STRETCH

(BERNADETTE/
JESSICA)

9:30 AM

INSPIRED YOGA

(SOHEILA)

9:30 AM

CORE YOGA FLOW

(JESSICA)

9:45 AM

CYCLE

(JOE)

9:30 AM

CORE YOGA FLOW

(JESSICA)

9:30 AM

BARRE & BEYOND

(DELANIE)

10:30 AM

MAT PILATES

(SHEA)

10:35 AM

CYCLE

(DELANIE)

5:15 PM

SPRINT SPIN

(DELANIE)

5:00 PM

MAT PILATES

(SHEA)

5:30 PM

CYCLE & SCULPT

(DELANIE)

6:00 PM

FLOW & STRETCH

(BENEDICTE)

6:00 PM

RESTORATIVE
CANDLELIGHT
YOGA
SHEA

6:30 PM

INVIGORATING
YOGA

(BENEDICTE)