



heart & soul
HEALTH CLUBS

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:30am	DYNAMIC YOGA Lisa H 1 hour		FLOW YOGA Theodora 1 hour	YOGA OPEN & MEDITATION Lisa H 1 hour	YOGA OPEN & MEDITATION Lisa H 1 hour	YOGA OPEN Amanda 1 hour	YOGA OPEN Desiree 1 hour
12:30pm	FLOW YOGA Theodora 1 hour	FLOW YOGA Lisa H 1 hour	YIN YOGA Damian 1 hour	FLOW YOGA Aya 1 hour			
6:15pm	OPEN YOGA Damian 1 hour	SLOW FLOW YOGA Carla 1 hour	ASHTANGA VINYASA YOGA Amanda 1 hour	HATHA YOGA Damian 1 hour			

Please be mindful and arrive 5-10 minutes before class start time.

**24/7 FULL GYM FACILITIES YOGA SPECIALISTS PERSONAL TRAINING
SPORTS MASSAGE THERAPY REHABILITATION SPECIALISTS**

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