

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>9:30am</b>	<b>DYNAMIC YOGA</b> Lisa H 1 hour		<b>FLOW YOGA</b> Theodora 1 hour	<b>YOGA OPEN &amp; MEDITATION</b> Lisa H 1 hour	<b>YOGA OPEN &amp; MEDITATION</b> Lisa H 1 hour	<b>YOGA OPEN</b> Cat 1 hour	<b>YOGA OPEN</b> Moray 1 hour
<b>12:30pm</b>	<b>YOGA</b> Kristyn 1 hour	<b>FLOW YOGA</b> Lisa H 1 hour	<b>YIN YOGA</b> Kristyn 1 hour	<b>FLOW YOGA</b> Aya 1 hour			
<b>6:15pm</b>	<b>YOGA OPEN</b> Katie 1 hour	<b>HATHA YOGA</b> Carla 1 hour	<b>ASHTANGA VINYASA YOGA</b> Ana 1 hour	<b>HATHA YOGA</b> Moray 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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