



WEEKLY SCHEDULE

MONDAY

7:15am - 8:00am	Dynamic Vinyasa**	Julie Mason
8:30am - 9:15am	Vinyasa Flow	Linds Doran
9:30am - 10:30am	Vinyasa Flow	Linds Doran
6:30pm - 7:30pm	Hip Opening Flow	Dana Potts
7:45pm - 8:45pm	Yin & Reiki	Dana Potts

TUESDAY

8:30am - 9:15am	Vinyasa Flow	Linds Doran
9:30am - 10:45am	Aroma Flow	Lindsay Gunn
5:15pm - 6:15pm	Manipura Core**	Lindsay Gunn
6:30pm - 7:30pm	Vinyasa Flow	Lindsay Gunn
7:45pm - 8:45pm	Candlelight Flow	Lindsay Gunn

WEDNESDAY

8:30am - 9:15am	Vinyasa Flow	Lindsay Gunn
9:30am - 10:30am	Deep Stretch Vinyasa & Gong Bath	Lindsay Gunn
4:45pm - 5:30pm	Dynamic Vinyasa**	Lindsay Gunn
6:00pm - 7:00pm	Fundamental Flow	Barbara Paskewich
7:30pm - 8:30pm	Restorative	Barbara Paskewich

THURSDAY

8:30am - 9:15am	Dynamic Vinyasa**	Lindsay Gunn
9:30am - 10:30am	Foundation Flow	Lindsay Gunn
5:15pm - 6:15pm	Deep Stretch Vinyasa & Gong Bath	Julie Mason
6:30pm - 7:30pm	Aroma Flow	Julie Mason

FRIDAY

8:30am - 9:15am	Manipura Core**	Lindsay Gunn
9:30am - 10:30am	Aroma Flow	Erin Brinley
12:00pm - 1:00pm	Dynamic Vinyasa**	Linds Doran
5:30pm - 6:30pm	Vinyasa Flow	Julie Mason

SATURDAY

9:00am - 10:15am	Dynamic Vinyasa**	Lindsay Gunn
10:45am - 12:00pm	Vinyasa Flow	Lindsay Gunn

SUNDAY

9:00am - 10:15am	Dynamic Vinyasa**	Julie Mason
10:45am - 12:00pm	Aroma Flow	Julie Mason
6:30pm - 7:30pm	Candlelight Flow	Julie Mason

Stay connected via MindBody to view our live schedule, substitutes & cancellations.

**NOT suitable for beginners or those with limited mobility.

