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First Class Free For Local Residents

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		6:30-7:30am Yin Sarah		6:30-7:30am Flow All Janet			
8:00am		8:30-9:45am Gentle Sarah				8:00-9:00am Fundamentals Janet	8:00-9:15am Flow 2 Chris
9:00am						9:15-10:30am Fusion Robin	9:30-10:45 Fundamentals Heather
10:00am				10:00-10:45am Mobile babies to age 5 Rebecca T		10:45-11:45am willpower and Grace Barefoot Cardio Jen/Melissa	
11:00am				11:00am-12:00pm 1st & 3rd Thursdays Mommy and Me 6 weeks and up Brooke <i>*pre-registration required</i>			11:30-12:45 Prenatal Brooke
12:00pm	12:00-1:00pm Flow All Janet	12:00-1:00pm Flow All Brooke	12:00-1:00pm Flow 2 Meredith	12:00-1:00pm Flow All Rebecca T	12:00-1:15pm Flow All Leah		
3:00pm							3:00-4:30pm Slow Flow/Restorative Chris
4:00pm		4:30-5:45 Slow Flow/Restorative Brooke		4:15-5:15pm Restorative Relaxation Roseanna			
5:00pm			5:30-6:45pm Fusion Robin	5:30-6:45pm Flow All Heather	5:30-6:45pm Flow All Tracey		5:00-6:15pm Flow 2 Ann
6:00pm	6:00-7:15pm Flow All Erica	6:00-7:15pm Flow 2 Tracey					6:30-8:30pm Dharma Ocean Meditation
7:00pm	7:30-8:45 Heated Detox Babs	7:30-8:30pm Prenatal Rebecca T	7:00-8:15pm Heated Detox Keileen	7:00-8:15pm Heated Detox Babs	7:30-9:00pm Dharma Punx Meditation by Donation		