



NEW SEASON SCHEDULE!
Effective 11/16/20

Begins 11/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a	Total Body Conditioning Dave	Barre Kim	Slow Burn Yoga Mary	Barre Kim	Total Body Conditioning Teresa		
7:30a		Total Body Conditioning Tatiana	Barre Kim	Total Body Conditioning Tatiana			
8:45a	Barre Kim Total Body Conditioning	Barre-Yoga Fusion - Amelia	Buti Yoga Addie	Barre Tabata Kim	Barre Addie Total Body Conditioning Dave	Barre Addie Total Body Conditioning Colleen	Barre Kim
10a	Vinyasa Yoga - Mary	Gentle Yoga Amelia	Barre Addie	Barre-Yoga Flow – Amelia	Buti DEEP Yoga Addie	Buti Yoga Addie	Total Body Conditioning Tatiana
4:30p	Barre Teresa	Total Body Conditioning Dave	Vinyasa Yoga Colleen	TRX-Dave Studio B	Barre Teresa		3p Yoga Community Class Shawn Lutz
6:00p	Buti Yoga Addie	Barre Olga	Total Body Conditioning Tatiana	Barre Tabata Olga			