

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	2 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	3 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Vinyasa 1 (Melanie) 7:45p Yin @ Restorative (75 mins) Sandra	4 10:45a Vinyasa 1 (75mins) Marlee 12:15p Hatha Flow 1-2 (Marlee) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Hatha Flow 1 (Parry) 7:45p Pilates Sculpt(Parry)	5 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	6 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	7 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
8 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	9 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	10 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Vinyasa 1 (Melanie) 7:45p Yin @ Restorative (75 mins) Sandra	11 10:45a Vinyasa 1 (75mins) Marlee 12:15p Hatha Flow 1-2 (Marlee) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Hatha Flow 1 (Parry) 7:45p Pilates Sculpt(Parry)	12 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	13 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	14 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
15 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	16 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	17 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Vinyasa 1 (Melanie) 7:45p Yin @ Restorative (75 mins) Sandra	18 10:45a Vinyasa 1 (75mins) Marlee 12:15p Hatha Flow 1-2 (Marlee) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Hatha Flow 1 (Parry) 7:45p Pilates Sculpt(Parry)	19 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	20 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	21 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
22 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	23 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	24 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Vinyasa 1 (Melanie) 7:45p Yin @ Restorative (75 mins) Sandra	25 10:45a Vinyasa 1 (75mins) Marlee 12:15p Hatha Flow 1-2 (Marlee) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Hatha Flow 1 (Parry) 7:45p Pilates Sculpt(Parry)	26 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	27 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	28 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
29 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	30 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	This schedule is subject to change. Please check online schedule, Instagram or FB page for most updated schedule.				