

## January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>  <b>New Year's Day</b>	<b>2</b> <b>10:45a</b> Flow & Core (75 mins) Jaye <b>12:15p</b> Hatha Fundamentals (Jaye) <b>6:30p</b> Vinyasa 1 (Sandra) <b>7:45p</b> Yin @ Restorative (75 mins) Sandra	<b>3</b> <b>10:45a</b> Vinyasa 1 (75mins) Jaye <b>12:15p</b> Hatha Flow 1-2 (75mins) (Jaye) <b>6:30p</b> Hatha Flow 1 (Parry) <b>7:45p</b> Pilates Sculpt(Parry)	<b>4</b> <b>9:30a</b> Barre (Mallory) <b>10:45a</b> Yin Yoga (75mins) Sandra <b>6:30p</b> Flow & Core (Becky) <b>7:45p</b> Vinyasa 1-2 (75mins) Becky	<b>5</b> <b>10:45a</b> Hatha Flow 1-2 (75mins) Becky <b>12:15p</b> Flow & Core (Becky) <b>6:30p</b> Community (\$8) (Becky)	<b>6</b> <b>9:30a</b> Hatha Flow 1 (Becky) <b>10:45a</b> Vinyasa 1 (Becky)
<b>7</b> <b>10:45a</b> Barre (Mallory) <b>12:15p</b> Community (\$8) Nicole <b>1:30p</b> Yin & Restorative (75 mins) Nicole	<b>8</b> <b>9:30a</b> Pilate Sculps (Mallory) <b>10:45a</b> Vinyasa 1 (Becky) <b>6:30p</b> Vinyasa 2 (75mins) Becky <b>8:00p</b> Hatha Flow 1 (Becky)	<b>9</b> <b>10:45a</b> Flow & Core (75 mins) Jaye <b>12:15p</b> Hatha Fundamentals (Jaye) <b>6:30p</b> Vinyasa 1 (Sandra) <b>7:45p</b> Yin @ Restorative (75 mins) Sandra	<b>10</b> <b>10:45a</b> Vinyasa 1 (75mins) Jaye <b>12:15p</b> Hatha Flow 1-2 (75mins) (Jaye) <b>6:30p</b> Hatha Flow 1 (Parry) <b>7:45p</b> Pilates Sculpt(Parry)	<b>11</b> <b>9:30a</b> Barre (Mallory) <b>10:45a</b> Yin Yoga (75mins) Sandra <b>6:30p</b> Flow & Core (Becky) <b>7:45p</b> Vinyasa 1-2 (75mins) Becky	<b>12</b> <b>10:45a</b> Hatha Flow 1-2 (75mins) Becky <b>12:15p</b> Flow & Core (Becky) <b>6:30p</b> Community (\$8) (Becky)	<b>13</b> <b>9:30a</b> Hatha Flow 1 (Becky) <b>10:45a</b> Vinyasa 1 (Becky)
<b>14</b> <b>10:45a</b> Barre (Mallory) <b>12:15p</b> Community (\$8) Nicole <b>1:30p</b> Yin & Restorative (75 mins) Nicole	<b>15</b> <b>9:30a</b> Pilate Sculps (Mallory) <b>10:45a</b> Vinyasa 1 (Becky) <b>6:30p</b> Vinyasa 2 (75mins) Becky <b>8:00p</b> Hatha Flow 1 (Becky)	<b>16</b> <b>10:45a</b> Flow & Core (75 mins) Jaye <b>12:15p</b> Hatha Fundamentals (Jaye) <b>6:30p</b> Vinyasa 1 (Sandra) <b>7:45p</b> Yin @ Restorative (75 mins) Sandra	<b>17</b> <b>10:45a</b> Vinyasa 1 (75mins) Jaye <b>12:15p</b> Hatha Flow 1-2 (75mins) (Jaye) <b>6:30p</b> Hatha Flow 1 (Parry) <b>7:45p</b> Pilates Sculpt(Parry)	<b>18</b> <b>9:30a</b> Barre (Mallory) <b>10:45a</b> Yin Yoga (75mins) Sandra <b>6:30p</b> Flow & Core (Becky) <b>7:45p</b> Vinyasa 1-2 (75mins) Becky	<b>19</b> <b>10:45a</b> Hatha Flow 1-2 (75mins) Becky <b>12:15p</b> Flow & Core (Becky) <b>6:30p</b> Community (\$8) (Becky)	<b>20</b> <b>9:30a</b> Hatha Flow 1 (Becky) <b>10:45a</b> Vinyasa 1 (Becky)
<b>21</b> <b>10:45a</b> Barre (Mallory) <b>12:15p</b> Community (\$8) Nicole <b>1:30p</b> Yin & Restorative (75 mins) Nicole	<b>22</b> <b>9:30a</b> Pilate Sculps (Mallory) <b>10:45a</b> Vinyasa 1 (Becky) <b>6:30p</b> Vinyasa 2 (75mins) Becky <b>8:00p</b> Hatha Flow 1 (Becky)	<b>23</b> <b>10:45a</b> Flow & Core (75 mins) Jaye <b>12:15p</b> Hatha Fundamentals (Jaye) <b>6:30p</b> Vinyasa 1 (Sandra) <b>7:45p</b> Yin @ Restorative (75 mins) Sandra	<b>24</b> <b>10:45a</b> Vinyasa 1 (75mins) Jaye <b>12:15p</b> Hatha Flow 1-2 (75mins) (Jaye) <b>6:30p</b> Hatha Flow 1 (Parry) <b>7:45p</b> Pilates Sculpt(Parry)	<b>25</b> <b>9:30a</b> Barre (Mallory) <b>10:45a</b> Yin Yoga (75mins) Sandra <b>6:30p</b> Flow & Core (Becky) <b>7:45p</b> Vinyasa 1-2 (75mins) Becky	<b>26</b> <b>10:45a</b> Hatha Flow 1-2 (75mins) Becky <b>12:15p</b> Flow & Core (Becky) <b>6:30p</b> Community (\$8) (Becky)	<b>27</b> <b>9:30a</b> Hatha Flow 1 (Becky) <b>10:45a</b> Vinyasa 1 (Becky)
<b>28</b> <b>10:45a</b> Barre (Mallory) <b>12:15p</b> Community (\$8) Nicole <b>1:30p</b> Yin & Restorative (75 mins) Nicole	<b>29</b> <b>9:30a</b> Pilate Sculps (Mallory) <b>10:45a</b> Vinyasa 1 (Becky) <b>6:30p</b> Vinyasa 2 (75mins) Becky <b>8:00p</b> Hatha Flow 1 (Becky)	<b>30</b> <b>10:45a</b> Flow & Core (75 mins) Jaye <b>12:15p</b> Hatha Fundamentals (Jaye) <b>6:30p</b> Vinyasa 1 (Sandra) <b>7:45p</b> Yin @ Restorative (75 mins) Sandra	<b>31</b> <b>10:45a</b> Vinyasa 1 (75mins) Jaye <b>12:15p</b> Hatha Flow 1-2 (75mins) (Jaye) <b>6:30p</b> Hatha Flow 1 (Parry) <b>7:45p</b> Pilates Sculpt(Parry)	<b>This schedule is subject to change. Please check online schedule, Instagram or FB page for most updated schedule.</b>		