

# STUDIO SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
8:00 AM						Open Studio Time 8am – 12pm		
8:30 AM								
9:00 AM							Balance 9 am – 9:45 am	Chair Yoga 9 am - 10 am
9:30 AM								
10:00 AM								
10:30 AM	Classic 10:30 am – 11:30 am	Classic 10:30 am – 11:30 am	Core & Floor 10:30 am – 11 am					
11:00 AM	Tai Chi 11 am - 12 pm	Tai Chi 11 am - 12 pm	CLOSED					
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM	Strength & Toning 4:30pm - 5:15pm	Strength & Toning 4:30pm - 5:15pm						
5:00 PM	YOGA 101 5:15pm – 6:00pm		Balance 5:30pm - 6pm	CLOSED				
5:30 PM								
6:00 PM								
6:30 PM								

Effective August 28<sup>th</sup>, 2017