

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30-9:30am EMPowered Flow w/Becky	
9-10am EMPowered Flow w/Becky				9-10am Aerial - All Levels w/Becky		
	10-11am Gentle Flow w/Becky	10-11:15am Inner Harmony Flow w/Jennifer	10-11am Yin w/Holly		10-11am Gentle Flow w/Erin	
				10:30-11:30am Gentle Flow w/Becky		
11-11:45am Chair yoga w/Amy U					*11:15a-12:15pm Aerial -All Levels OR Aerial Basics w/Erin	11am-12pm Gentle Flow w/Marina
	5:30-6:15pm Express EMPowered Flow w/Becky		5:30-6:15pm Express EMPowered Flow w/Becky		<i>*alternating weeks*</i>	
	6:30-7:30pm Aerial - All Levels w/Becky		6:30-7:30pm Aerial - All Levels w/Becky			
7-8pm Gentle Flow w/Holly		7-8pm Gentle Flow w/Amy U				

lower Intensity

Medium Intensity

High Intensity