

# Weekly Schedule • JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
10-11:15am grief movement alison <i>(2nd week)</i>	6:00am <sup>EARLY</sup> warmpower candace	8:00am <sup>'warm' is 85 degrees</sup> warmpower katie		8:00am warmhatha jay	All classes EST & 60min unless noted all have virtual option	
book to body alison <i>(3rd week)</i>	9:00am vinyasa alison	9:30am vinyasa kristyn	9:00am flow+focus melanie	9:30am vin-yin alison	9:00am vinyasa robyn	9:00am vinyasa reg
slowflow +yin heather <i>(4th+5th week)</i>	10:30am gentle flow jennifer	great for beginners	10:30am chair heather		10:30am slowflow+yin anessia	10:30am gentle flow anessia
12:00pm community various  <sup>FREE</sup>	3:30-4:15pm kids dani <i>K-5th</i>		12-12:45pm power 45 jay		12:00pm power candace	<sup>great for beginners</sup>
	5:15-6:00pm tweens dani <i>6th-8th</i>		4:30pm gentle flow lara  <sup>great for beginners</sup>			
6:00pm yin+ meditation emma	6:15pm warmpower robyn	6:00pm slow flow jay	6:15pm warm vinyasa reg	6:15pm gentle flow lara		
7:15pm <i>(2nd+4th Sun)</i> nidra kerry	7:30pm Y12SR robyn	7:30pm yin + meditation anessia	<sup>'warm' is 85 degrees</sup>	7:30-8:45pm restorative kerry		
						check online for detailed class description