

Weekly Schedule • FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<p>10-11:15am 2/5 grief movement alison</p> <p>2/12 book to body alison</p> <p>2/19 wall class amanda</p> <p>2/26 slowflow +yin heather</p> <p>12:00pm community various FREE</p> <p>6:00pm yin+ meditation emma</p> <p>7:30-8:45pm (1st+3rd Sun) nidra kerry</p>	<p>6:00am EARLY warmpower candace</p> <p>9:00am vinyasa alison</p> <p>10:30am gentle flow jennifer</p> <p>3:30-4:15pm kids dani (K-5th)</p> <p>5:15-6:00pm tweens dani (6th-8th)</p> <p>6:15pm warmpower robyn</p> <p>7:30pm Y12SR robyn</p>	<p>8:00am warmpower katie (warm' is 85 degrees)</p> <p>9:30am vinyasa kristyn</p> <p>10:30am chair heather (great for beginners)</p> <p>6:00pm slow flow jay</p> <p>7:30pm yin + meditation anessia</p>	<p>9:00am flow+focus melanie</p> <p>10:30am chair heather (great for beginners)</p> <p>12-12:45pm power 45 jay</p> <p>4:30pm gentle flow lara</p> <p>6:15pm warm vinyasa reg (warm' is 85 degrees)</p>	<p>8:00am warmhatha jay</p> <p>9:30am yin/yang alison</p> <p>6:15pm power katie</p> <p>7:30-8:45pm restorative kerry</p>	<p>All classes EST & 60min unless noted</p> <p>9:00am vinyasa robyn</p> <p>10:30am slowflow+yin anessia</p> <p>12:00pm power candace</p>	<p>all have virtual option</p> <p>9:00am vinyasa reg</p> <p>10:30am gentle flow anessia (great for beginners)</p> <p>check online for detailed class description</p>

Updated 1/26/23