



# Weekly Schedule • MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
All classes EST & 60min unless noted		8:00am power60 robyn		8:00am hatha jay		
most have virtual option			9:00am warm power robyn		9:00am power60 barbie	9:00am vinyasa reg
 10-11:15am YINyasa heather	9:00am slow burn kristyn	9:30am vinyasa kristyn		9:30am vin-yin steph w.		
	10:30am gentle flow lara		10:30am chair heather		10:30am gentle flow anessia	10:30am chair crystal
	<i>great for beginners</i>		12-12:45pm power 45 jay			<i>great for beginners</i>
		<i>great for beginners</i>	4:30pm basic flow lara			
	<i>'warm' is 85 degrees</i>				5:30pm (2nd & 4th Fri) restorative kerry	
6:00pm yin+restore barbie	6:00pm warm power robyn	6:00pm hatha andrew	6:00pm vinyasa steph r.	6:00pm warm vinyasa reg		
7:15pm (2nd & 4th Sun) nidra kerry	7:30pm Y12SR robyn	7:30pm yin + meditation deb				

check online for detailed class description