

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 – 8:45 AM						STRENGTH (BAILEY)
9:00 AM		VINYASA FLOW (LAUREN)	WORKSHOP WEDNESDAY (LAUREN)	SHANTI RASA FLOW (LAUREN)	SLOW YOUR FLOW (LAUREN)	BARRE (KYRA)
10:15 AM	SILVER WORKZ (ANNE)		SILVER WORKZ (ANNE)			
6:00 PM	BARRE (KYRA)	VINYASA FLOW (LAUREN)	ZUMBA (BAILEY)	POWER YOGA (LAUREN)		

**5 MEMBERS MUST BE PRESENT TO HOLD AN AEROBICS CLASS*