



MindBody Class Schedule

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| | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> | <i>Sunday</i> |
|--|--|--|---|---|--|---|---|
| | | Yoga Power Hour Sara 5:30-6:30 am | | Yoga Power Hour Katie 5:30-6:30 am | | Vinyasa Yoga Brooke 7:45-8:45 | |
| | Yoga Power Hour Erica 9:00-10:00 am | | Vinyasa Flow Erica 8:00-9:00 | | | Pilates Mat Lisa Alleruzzo 9:00-10:00 am | |
| | | | Barre Leah 9:30-10:30 am | | NRG Barre Lisa Archer 9:30-10:30 am | | Vinyasa Yoga Katie 9:30-10:30 am |
| | | | | | | NRG Barre Leah 10:00-11:00 am | |
| | Yoga Power Hour Brooke 5:30-6:30 pm | Yoga Power Hour Brooke 5:30-6:30 pm | NRG Barre Lisa Archer 5:30-6:30 pm | NRG Barre Lisa 4:30-5:30 pm | Hatha Yoga Jill 5:30-6:30 pm | | |
| | Restorative Yoga Jill 6:45-7:45 pm | | | | | | |