MindBody Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	**Yoga Power Hour** Elizabeth 9:00-10:00 AM	**Yoga Power Hour** Sara R. 5:30-6:30 AM **Abs and Glutes** Leanne 8:00-9:00 AM	**Vinyasa Flow** Jill 8:00-9:00 AM	**Yoga Power Hour** Katie 5:30-6:30 AM	**Yoga Power Hour** Elizabeth 9:00-10:00 AM	**Vinyasa Yoga** Elizabeth 7:45-8:45 AM **NRG Barre** Leah 9:00-10:00 AM	**Vinyasa Yoga** Katie 9:30-10:30 AM
EVENING	**NRG Barre** Leah 6:30-7:30 PM		**NRG Barre** Lisa 5:30-6:30 PM	**NRG Barre** Lisa 4:30-5:30 PM	**Hatha Yoga** Jill 5:30-6:30 PM		**Restorative Yoga** Jill 4:45-5:45 PM