



	AM	PM
SUN	8:30 - 9:30 am Yinyasa with Helaine Sheias 10:00 - 11:30 am Heated Vinyasa with Elizabeth Voetsch	4:00 - 5:00 pm Heated Vinyasa with Nicole Pryke 5:30 - 6:45 pm Heated Vinyasa with Kathleen Callahan
MON	6:00 - 7:00 am Heated Vinyasa with Bob Conover 9:00 - 10:15 am Heated Vinyasa with Amy Wolff	5:30 - 6:35 pm Heated Vinyasa with Pamela Maldonado 7:00 - 8:00 pm Yinyasa with Helaine Sheias
TUES	6:00 - 7:00 am Heated Vinyasa with Pamela Maldonado 9:00 - 10:15am Heated Vinyasa with Kathleen Callahan	12:00 - 1:00 pm Heated Vinyasa with Kyla Betts 4:30 - 5:30 pm Heated Vinyasa with Bob Conover 6:00 - 7:15 pm Classic Yin Yoga with Bob Conover 7:30 - 8:30 pm Community Class is a \$5 donation
WED	6:00 - 7:00 am Heated Vinyasa with Mary Billings 9:00 - 10:15 am Heated Vinyasa with Pamela Maldonado	5:30 - 6:35 pm Heated Vinyasa with Pamela Maldonado and Healing Touch with Kathleen Callahan 7:00 - 8:00 pm Yinyasa with Helaine Sheias
THUR	6:00 - 7:00 am Heated Vinyasa with Pamela Maldonado 9:00 - 10:15 am Heated Vinyasa with Claudia Terry	12:00 - 1:00 pm Heated Vinyasa with Kathleen Callahan 4:30 - 5:30 pm Heated Vinyasa with Bob Conover 6:00 - 7:15 pm Heated Vinyasa with Pamela Maldonado
FRI	6:00 - 7:00 am Heated Vinyasa with Kathleen Callahan 9:00 - 10:00 am Heated Vinyasa with Amy Wolff	5:30 - 6:35 pm Heated Vinyasa with Kyla Betts
SAT	8:00 - 9:00 am Heated Vinyasa with Amy Wolff 9:15 - 10:45am Heated Vinyasa with Pamela Maldonado	11:00 - 12 Noon Basic Flow with Claudia Terry GREAT for Beginners!