



	AM	PM
<b>SUN</b>	8:30 - 9:30 am Yinyasa with Helaine Sheias 10:00 - 11:30 am Heated Vinyasa with Pamela Maldonado	5:00 - 6:00 pm Heated Vinyasa with Nicole Pryke
<b>MON</b>	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
<b>TUES</b>	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 <b>Community Class is a \$5 donation</b>
<b>WED</b>	6:00 - 7:00 am Heated Vinyasa with Mary Billings 9:00 - 10:15 am Heated Vinyasa with Amy Wolff	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
<b>THUR</b>	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 Nicole Pryke 6:00 - 7:15 pm Heated Vinyasa with Pamela Maldonado 7:30 - 8:30 pm <b>Community Class \$5, with Jensen Curtis</b>
<b>FRI</b>	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
<b>SAT</b>	8:00 - 9:00 am Heated Vinyasa with Amy Wolff 9:15 - 10:30 am Heated Vinyasa with Pamela Maldonado	11:00 - 12 Noon Basic Flow with Claudia Terry <b>GREAT for Beginners!</b>