



CLASS SCHEDULE

8/15-8/21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am		Mat Pilates with Debbie Garduno		Power Hour With Larissa Maple			
10:00 am	Morning Flow with Serena Acker		Nourishing Groove- Tea, Movement, Tunes with Maddie Hurst		Morning Flow with Serena Acker		Hatha Yoga with Scarlett Trillia
10:30 am		Awaken Vinyasas with Ashley Nieminen					
4pm	Beginners Yoga/The Basics with Heidi Faivre						
5:30 pm			Restorative With Sabrina Summer				
6pm					Belly Dance with Nicole Fish		
7pm				<i>Special Event!</i> Cacao Ceremony & Sound Healing With Sue & Audrya			