

## MONDAY

Ashtanga   6-7am
Hatha   8:15-9:15am
Fly Pilates   12-1pm
Hatha   4:45-5:45pm
Prenatal   6-7pm

## TUESDAY

Ashtanga   6-7am
Ashtanga   7-8am
Sculpt   8:15-9:15am
Vinyasa   12-1pm
Vinyasa   6-7pm

## WEDNESDAY

Ashtanga   6-7am
Vinyasa   10-11am
Fly   12-1pm
Sculpt   4:45-5:45pm
Pranayama   6-7pm

## THURSDAY

Ashtanga   6-7am
Ashtanga   7-8am
Sculpt   8:15-9:15am
Vinyasa   12-1pm
Vinyasa   6-7pm



**FIRST FLOOR WEEK FREE**

## FRIDAY

Ashtanga   6-7am
Ashtanga   8:15-9:45am
Vinyasa   12-1pm
Fly Kid   5-5:55pm
Fly to Yin   6-7pm

## SATURDAY

Vinyasa   9-10am
75mins Ashtanga   10:15-11:30am

## SUNDAY

Vinyasa   10-11am
Hatha   4:45-5:45pm