

All Core classes are temporary as we test time slots. Please note start times written below the core symbol.



Minimum Enrollments apply  
Schedule subject to change - check online!

## Schedule effective Feb 1, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:30 AM							
8:00 AM							
9:00 AM							
10:00 AM							
12:00pm							
4:30 PM						<p><b>YOGA</b></p> <p><b>Monday:</b> 12:00 pm : Power Flow Yoga</p> <p><b>Wednesday:</b> 7:30 pm - Power Yoga</p> <p><b>Sunday:</b> 9:00 am Morning Flow</p>	
5:30 PM							
6:30 PM							
7:30 PM							