

September 2018 Group Fitness & Yoga Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30 AM		SpinFLEX w.Katherine		SpinFLEX w.Katherine			
7:00-7:45 AM			Mat Pilates w.Katherine		Mat Pilates w.Katherine		
8:30-9:45 AM			Vinyasa Yoga L2 w.Katherine		Vinyasa Yoga L2 w.Katherine		
10:00-11:15 AM		Restorative Yin AL w.Katherine		Back/Hip AL w. Katheine			
10:30-11:15 AM			Senior Fitness w.Dena		Senior Fitness w.Dena		
3:00-4:15 PM	Gentle Yoga w. Restorative AL w.Jeanne						Gentle Yoga w. Restorative AL w.Gillian
5:30-6:30 PM						Aerial Fabirc L3 Registration Required w.Tiffany	
5:30-6:45 PM	Hatha Yoga L2 w.Gillian						
6:30-7:45 PM		Hatha Yoga L1 w.Gillian	Let it Roll L2 Hatha w. Foam Roller w.Jeanne		Restorative AL w.Jeanne		
6:30-8:00 PM				AcroJam Teacher Approval			
6:45-7:45 PM						Aerial Fabric L4 Registration Required w.Tiffany	

Cique du Skagway Aerial and AcroYoga Performance: Saturday, September 22 and Sunday, September 23.

SHOWTIME: 6:30 PM ADMISSION: \$10 CHILDREN UNDER 5: FREE