

# Jan - July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-7:00 Sunrise yoga		6:00-7:00 Sunrise yoga	6:00-7:00 TRX Full Body	8:00-8:45 TRX Full Body	8:00-8:45 TRX Full Body
9:00-10:00 Vinyasa	9:00-10:00 Hatha	9:00-10:00 TRX Full Body	9:00-10:00 Hatha	9:00-10:00 Vinyasa	9:15-10:15 Strength and Flow	9:15-10:30 Yin yoga
10:30-11:30 Gentle Hatha	10:15:00 AM Hatha/Yin	10:15 -11:15 Restorative/yin	10:15-11:15 Pilates	10:30-11:30 Yin yoga	10:45-11:45 Hatha yoga	
12:00-12:45 TRX Circuit	12:00-12:45 TRX Full Body	12:00-12:45 TRX Full Body	12:00-12:45 TRX Full Body			
<i>Rehabilitative &amp; Private Sessions</i>						
	<i>Private Sports Teams Bookings</i>					
5:00-5:45 TRX Full Body	5:00-5:45 TRX Cardio, abs, legs	5:00-5:45 TRX Full Body	5:00-5:45 pm Pilates	5:00-6:00 TRX Hiit	CHECK OUT SATURDAY/ SUNDAYS SPECIAL EVENTS!	
6:15 - 7:00 pm Pilates		6:15-7:15 pm Power yoga		Special events		
	6:15-7:15 Hatha/Virtual		6:15-7:15 Hatha yoga			6:30-7:30 Hatha yoga
7:30 - 8:30 pm Yin yoga		7:30 - 8:30 pm Hatha/Yin yoga				
	7:30 - 8:30 pm Restorative yin yoga		7:30 - 8:30 pm Pre-Natal yoga			7:45-8:45 Yoga Nidra