



## December Class Schedule

<b>MONDAY</b>	<b>S</b>	8:30-9:15 AM	SCULPT 45	JULIA
	<b>S</b>	9:30 - 10:30 AM	JIP BEATS	MADISON
	<b>Z/S</b>	12:00-12:45 PM	YOGA FLOW 45	KATHY
	<b>S</b>	5:30-6:15 PM	SCULPT 45	KARYSA
	<b>Z/S</b>	7:00-8 PM	FLOW AND RESET	SHELLY
<b>TUESDAY</b>	<b>Z/S</b>	8:30-9:30 AM	JOURNEY INTO POWER	SARAH
	<b>S</b>	5:30-6:30 PM	POWER TO YIN	KRISTINA
	<b>S</b>	7:00-8:00 PM	GIFT OF PRESENCE JIP	KRISTINA
<b>WEDNESDAY</b>	<b>S</b>	8:30-9:15 AM	SCULPT 45	LESLIE
	<b>Z/S</b>	9:30-10:30 AM	SLOW FLOW TO YIN	JEN
	<b>S</b>	12:00 12:45 PM	MUSIC FLOW 45	LESLIE
	<b>S</b>	5:30-6:15 PM	SCULPT 45	KARYSA
	<b>Z/S</b>	6:30-7:30 PM	SLOW FLOW	JULIA
<b>THURSDAY</b>	<b>Z/S</b>	8:30-9:45 AM	POWER TO YIN	SARAH
	<b>S</b>	5:30-6:30 PM	POWER FLOW	PEYTON
	<b>S</b>	6:45-7:45 PM	RESTORATIVE YOGA	SHELLY
<b>FRIDAY</b>	<b>Z/S</b>	8:30-9:30 AM	POWER FLOW	KRISTINA
	<b>Z/S</b>	12:00- 12:45 PM	YOGA FLOW 45	KATHY
	<b>Z/S</b>	6:00-7 PM	COMMUNITY CLASS (DONATION-BASED)	COMMUNITY TEACHER
<b>SATURDAY</b>	<b>S</b>	8:00-8:45 AM	8 WEEKS OF FITMAS	KARYSA
	<b>Z/S</b>	9:00-10:00 AM	POWER FLOW	SARAH
	<b>S</b>	10:30-11:30 am	JIP BEATS	MADISON
<b>SUNDAY</b>	<b>S</b>	9:00-10 :00 AM	POWER TO STRETCH	RACHEL
	<b>S</b>	4:00-5:00 PM	SLOW FLOW TO YIN	ALEXANDRA
	<b>S</b>	5:30-6:30 PM	POWER FLOW	J.J.

**S = OFFERED IN-STUDIO**

**Z = OFFERED VIA ZOOM**