

# January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10:15am- <b>Vinyasa Flow</b> - Kim- ♣		9:30-10:30am- <b>Gentle</b> -Claudia- ♥	9:30-10:45am- <b>All Level</b> -Tom-♥  6-7pm- <b>Beginner</b> - Denise-♣	9:30-10:30am- <b>Gentle</b> - Claudia- ♥  5:30-6:30pm- <b>Intermediate</b> <b>Flow</b> -Wendy- ♣	1 9:30-10:30am- <b>Gentle</b> - Wendy-♣  11am-12- <b>Slow Flow</b> - Natasha-♣	2 8:30-9:30am- <b>Vinyasa Flow</b> - Avery-♥  10-11am- <b>Gentle</b> -Avery-♥
3 9-10:15am- <b>Vinyasa Flow</b> - Kim- ♣	4	5 9:30-10:30am- <b>Gentle</b> -Claudia- ♥	6 9:30-10:45am- <b>All Level</b> -Tom-♥  6-7pm- <b>Beginner</b> - Denise-♣	7 9:30-10:30am- <b>Gentle</b> - Claudia- ♥  5:30-6:30pm- <b>Intermediate</b> <b>Flow</b> -Wendy- ♣	8 9:30-10:30am- <b>Gentle</b> - Wendy-♣  11am-12- <b>Slow Flow</b> - Natasha-♣	9 8:30-9:30am- <b>Vinyasa Flow</b> - Avery-♥  10-11am- <b>Gentle</b> -Avery-♥
10 9-10:15am- <b>Vinyasa Flow</b> - Kim- ♣	11	12 9:30-10:30am- <b>Gentle</b> -Claudia- ♥	13 9:30-10:45am- <b>All Level</b> Tom-♥  6-7pm- <b>Beginner</b> - Denise-♣	14 9:30-10:30am- <b>Gentle</b> - Claudia- ♥  5:30-6:30pm- <b>Intermediate</b> <b>Flow</b> -Wendy- ♣	15 9:30-10:30am- <b>Gentle</b> - Wendy-♣  11am-12- <b>Slow Flow</b> - Natasha-♣	16 8:30-9:30am- <b>Vinyasa Flow</b> - Avery-♥  10-11am- <b>Gentle</b> -Avery-♥
17 9-10:15am- <b>Vinyasa Flow</b> - Kim- ♣	18	19 9:30-10:30am- <b>Gentle</b> -Claudia- ♥	20 9:30-10:45am- <b>All Level</b> -Tom-♥  6-7pm- <b>Beginner</b> - Denise-♣	21 9:30-10:30am- <b>Gentle</b> - Claudia- ♥  5:30-6:30pm- <b>Intermediate</b> <b>Flow</b> -Wendy- ♣	22 9:30-10:30am- <b>Gentle</b> - Wendy-♣  11am-12- <b>Slow Flow</b> - Natasha-♣	23 8:30-9:30am- <b>Vinyasa Flow</b> - Avery-♥  10-11am- <b>Gentle</b> -Avery♥
24 9-10:15am- <b>Vinyasa Flow</b> - Kim- ♣	25	<b>Pre-Registration</b> is <b>REQUIRED</b> for <b>ALL</b> classes.	<b>♣-Class held on</b> <b>Zoom and In-</b> <b>Studio (10 student</b> <b>max)</b>	<b>♥-Class Held on</b> <b>Zoom only</b>		<i>Many</i> <i>Packages and</i> <i>varying prices</i> <i>available.</i>