

CLASS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Rise: Push or Pull Day	Revive: Push or Pull Day	Yoga: Rise and Shine Slow Flow	Grow: Lower Body	Ascend: Upper Body	
6:30 AM	Rise: Push or Pull Day	Revive: Push or Pull Day		Grow: Lower Body	Ascend: Upper Body	
7:30 AM	Rise: Push or Pull Day	Revive: Push or Pull Day		Grow: Lower Body	Ascend: Upper Body	
8:30 AM						Pop-Up Yoga (1-2 per month) All-level Flow
6:15PM	Yoga: Form + Flow Power Flow		Yoga: Breathe + Be Slow Flow	Yoga: Form + Flow Power Flow		
7:00 PM	Yoga: Unwind + Renew Yin - Deep Stretch					GROUP FITNESS YOGA CLASSES