



7/16 - 7/22/18

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MONDAY 16	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb
8:15-9:15am	Slow Flow Vinyasa++	Nancy
9:30-10:30am	Slow Flow Vinyasa	Barbara
9:30-10:30am	Hot Vinyasa	Rob
11:45-12:45pm	Healthy Backs	Deb
4:30-5:25pm	Precision Barre'	Deb
4:45-5:45pm	Slow Flow Vinyasa ++	Susan B
6:00-7:00pm	Hot Vinyasa	Susan B

TUESDAY 17	Class	Instructor
8:10-9:05am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Nancy
9:30-10:30am	Postural Strength and Conditioning	Arlene
11:00-12:00pm	Stretch for Life	Rob
11:45-12:45pm	Healthy Backs	Marni
4:30-5:30pm	Healthy Backs	Nancy
5:30-6:30pm	Slow Flow Vinyasa	Molly
6:30-7:30pm	Hot Vinyasa	Cary
7:45-8:45pm	Yin Yoga	Todd

WEDNESDAY 18	Class	Instructor
5:45-6:45am	Precision Barre'	Deb
8:15-9:15am	Slow Flow Vinyasa	Shelley
9:30-10:30am	Hot Vinyasa	Cary
9:30-10:30	Barre' Fusion	Allison
10:45-11:45am	Healthy Backs	Susan
12:00-1:00 pm	Healthy Backs++	Barbara
5:30-6:30pm	Slow Flow Vinyasa	Marni
6:00-7:00pm	Hot Vinyasa	Catherine
6:45-7:45pm	Moving Meditation	Sonia

Thursday 19	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb
8:10-9:05am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Marni
9:30-10:30am	Postural Strength & Conditioning	Allison
11:00-12:00pm	Stretch for Life	Rob
12:00-1:00pm	Healthy Backs	Dawn
4:30-5:30pm	Restoration at the Wall++	Rickita**
5:30-6:25pm	Precision Barre'	Deb
5:35-6:35	Healthy Backs	Rickita**
6:30-7:30pm	Hot Vinyasa	Rickita
7:30-8:30pm	Yin Yoga	Rickita**

FRIDAY 20	Class	Instructor
9:15-10:15am	Healthy Backs	Shelley
9:30-10:30am	Hot Vinyasa	Rickita
10:30-11:30am	Slow Flow Vinyasa	Rob
10:45-11:45am	Yin Yoga++	Susan**

SATURDAY 21	Class	Instructor
8:00-9:00am	Hot Vinyasa	Rob
9:00-10:00am	Slow Flow Vinyasa	Nancy
9:15-10:15am	Hot Vinyasa	Catherine
10:10-11:05am	Precision Barre'	Deb
10:30-11:30am	Healthy Backs(I)++	Allison**
11:40-12:40pm	Healthy Backs(No I)++	Molly**

SUNDAY 22	Class	Instructor
8:00-9:00am	Slow Flow Vinyasa	Rob
9:10-10:10am	Healthy Backs++	Andy
9:00-9:55am	Precision Barre'	Deb
10:15-11:15am	Hot Vinyasa	Cary
11:30-12:30pm	Yin Yoga++	Rickita**
4:00-5:00pm	Slow Flow Vinyasa	Marni

Classes highlighted in blue are in Studio E

Classes in shaded boxes are in the Hot Studio