



248-626-9880

9/30/24

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MONDAY 30	Class	Instructor
9:15-10:15am	New Class! Hatha Yoga	Meenakshi
10:30-11:30am	Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

Tuesday 1	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Vinyasa	Catherine
9:30-10:30am	Gentle Flow	Kaytee
5:30 - 6:30pm	Hatha Flow	Meenakshi
6:45 - 7:45pm	Yin Yoga	Meenakshi

WEDNESDAY 2	Class	Instructor
5:45-6:40am	Precision Barre'	Deb
9:00-10:00am	Slow Flow Vinyasa	Anne
10:00-11:00am	Pilates Sculpt	Deb
12:00-1:00 pm	Healthy Backs	Andy
5:30-6:30pm	Gentle Flow	Krishna
6:00-7:00pm	Vinyasa	Kaytee**

** Substitute
(IR) - The Infra Red will be on for this class

THURSDAY 3	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Gentle Flow	Krishna
4:30-5:30pm	Restoration at the Wall	Deb
5:45 - 6:45pm	Yin Yoga	Kaytee

FRIDAY 4	Class	Instructor
8:00-9:00am	Slow Flow Vinyasa	Deb
9:30-10:30am	Vinyasa	TBD
9:15-10:15am	Foundation Strength & Flexibility	Deb
12:00-1:00pm	Healthy Backs	Barbara

SATURDAY 5	Class	Instructor
9:30-10:30am	Vinyasa	Catherine
9:30-10:15am	Express Slow Flow	Kaytee
10:30-11:30am	Healthy Backs	Andy
10:45-11:45am	Yin for Healthy Backs (IR)	Kaytee

SUNDAY 6	Class	Instructor
7:45-9:00am	Ashtanga Flow	Dr Salil
9:00-10:00am	Cardio Barre	Andy
10:15-11:15am	Healthy Backs	Andy
10:30-11:30am	Vinyasa	Catherine
3:00-4:00pm	Gentle Flow	Krishna

Classes in gray-Hot Studio
All other classes in the emerge studio