



HOT YOGA AND BARRE

WF NON-HEATED STUDIO SCHEDULE starting Oct 1st



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6:30-7:30A POWER BARRE		
8-9A Sunday Soundbath and MEDITATION	8:45 - 9:30A STRONG X	8:45-10:00A BHAKTI FLOW	8:45-9:45A STRONG		8:45-9:45A POWER BARRE	
9:30-10:45A Kids Yoga ages 5-10 every other week			10:15-11:15A VINYASA FLOW	10:45-11:30 BABY N ME YOGA	10:15-11:15A BREATHE+FLOW +RESTORE	
	12-1P Radiant Woman: Sound, Meditation and Archetypes			12-1P BIRTHFIT (pre + postnatal strength)		
	4:15-5:15P Yoga for Young Adults ages 10-18	4-5P VINYASA FLOW				
	6-7P POWER BARRE	EVENTS	4:15-5:15P POWER BARRE		EVENTS	