














studio B schedule							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	<i>Yoga Flow</i> Lilla		<i>Yoga Flow</i> Lilla				
8:00 AM		 David		 David			
9:00 AM	 Kama	<i>Yoga Bliss</i> Shonnie	 Kama	<i>Yoga Bliss</i> Shonnie	YOGA WARRIOR Brooke	 Nicole	
10:00 AM	<i>Yoga Bliss</i> Randy		<i>Yoga Bliss</i> Randy		<i>Pilates</i> Bianca		
10:30 AM		 Sarah		 Sarah			
3:45 PM	 Kids				 Kids		
4:30 PM	 Kama	<i>Yoga Flow</i> Jamie	 Rachelle	<i>Yoga Flow</i> Jamie			
5:30 PM	 Rachelle		 Rachelle				
5:45 PM		<i>Vinyasa Flow</i> Malia		<i>Vinyasa Flow</i> Malia			