














# studio B schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	<b>Yoga Flow</b> <i>Lilla</i>		<b>Yoga Flow</b> <i>Lilla</i>				
8:00 AM		 <b>CENTERGY</b> <i>David</i>	<i>Pilates</i> <i>Bianca</i>	 <b>CENTERGY</b> <i>David</i>			
9:00 AM	 <b>CENTERGY</b> <i>Kama</i>	<b>Yoga Bliss</b> <i>Shonnie</i>	 <b>CENTERGY</b> <i>Kama</i>	<b>Yoga Bliss</b> <i>Shonnie</i>	<b>Yoga Warrior</b> <i>Brooke</i>	 <b>CENTERGY</b> <i>Nicole</i>	
10:00 AM	<b>Yoga Bliss</b> <i>Randy</i>		<b>Yoga Bliss</b> <i>Randy</i>		<i>Pilates</i> <i>Bianca</i>		
10:30 AM		 <b>CENTERGY</b> <i>Sarah</i>		 <b>CENTERGY</b> <i>Sarah</i>			
3:45 PM	 <b>Kids</b>				 <b>Kids</b>		
4:30 PM		<b>Yoga Flow</b> <i>Jamie</i>		<b>Yoga Flow</b> <i>Jamie</i>			
4:45 PM	 <b>CORE</b> <i>Cheryl</i>		 <b>CORE</b> <i>Cheryl</i>				
5:30 PM	 <b>ACTIVE</b> <i>Cheryl</i>		 <b>ACTIVE</b> <i>Cheryl</i>				
5:45 PM		<b>Vinyasa Flow</b> <i>Tasha</i>		<b>Vinyasa Flow</b> <i>Tasha</i>			