














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