















studio B schedule		Classes Highlighted in Yellow have moved to the Upstairs Studio						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 AM		 <i>David</i>		 <i>David</i>				
9:00 AM	 <i>Kama</i>	<b>Yoga Bliss</b> <i>David</i>	 <i>Kama</i>	<b>Yoga Bliss</b> <i>David</i>	<i>Vinyasa Flow</i> <i>Melissa A.</i>	 <i>Melissa H.</i>		
10:00 AM	<b>Yoga Bliss</b> <i>Upstairs Studio</i> <i>Melissa A.</i>		<b>Yoga Bliss</b> <i>Upstairs Studio</i> <i>Melissa A.</i>					
10:30 AM	 <i>Matt R.</i>	 <i>Sarah</i>	 <i>Matt R.</i>	 <i>Sarah</i>			 <i>Rachelle</i>	
4:30 PM		<b>Yoga Flow</b> <i>Upstairs Studio</i> <i>Jamie</i>		<b>Yoga Flow</b> <i>Upstairs Studio</i> <i>Jamie</i>				
5:00 PM		 <i>Deborah</i>		 <i>Deborah</i>				
5:30 PM	 <i>Cheryl</i>		 <i>Cheryl</i>					
5:30 PM	<b>Vinyasa Flow</b> <i>Upstairs Studio</i> <i>Lilla</i>		<b>Vinyasa Flow</b> <i>Upstairs Studio</i> <i>Lilla</i>					
5:45 PM		<i>Zumba</i> <i>Sandra K.</i>		<i>Zumba</i> <i>Sandra K.</i>				