

# Upstairs Studio Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	<b>Weekday Warrior \$</b> <i>Deborah</i>		<b>Weekday Warrior \$</b> <i>Deborah</i>				
10:00 am	<b>Yoga Bliss</b> <i>Melissa A .</i>		<b>Yoga Bliss</b> <i>Melissa A .</i>				
4:30 pm		<b>Yoga Flow</b> <i>Jamie</i>		<b>Yoga Flow</b> <i>Jamie</i>			
5:30 pm	<b>Vinyasa Flow</b> <i>Lilla</i>		<b>Vinyasa Flow</b> <i>Lilla</i>				
6:00 pm		<b>Belly Dancing \$</b> <b>TJ</b>		<b>Belly Dancing \$</b> <b>TJ</b>			