


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>	Yoga Bliss <i>David</i>	 <i>Kama</i>	Yoga Bliss <i>David</i>	Vinyasa Flow Upstairs Studio <i>Melissa A.</i>	 <i>Melissa H.</i>		
10:00 AM	Yoga Bliss Upstairs Studio <i>Melissa A.</i>		Yoga Bliss Upstairs Studio <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		Yoga Flow Upstairs Studio <i>Jamie</i>		Yoga Flow Upstairs Studio <i>Jamie</i>				
5:00 PM		 <i>Deborah</i>		 <i>Deborah</i>				
5:30 PM	 <i>Cheryl</i>		 <i>Cheryl</i>					
5:30 PM	Vinyasa Flow Upstairs Studio <i>Lilla</i>		Vinyasa Flow Upstairs Studio <i>Lilla</i>					
6:45 PM		Zumba <i>Elissa</i>		Zumba <i>Elissa</i>				