

Upstairs Studio Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Weekday Warrior \$ <i>Deborah</i>		Weekday Warrior \$ <i>Deborah</i>				
9:00 am					Vinyasa Flow <i>Melissa A.</i>		
10:00 am	Yoga Bliss <i>Melissa A.</i>		Yoga Bliss <i>Melissa A.</i>				
4:30 pm		Yoga Flow <i>Jamie</i>		Yoga Flow <i>Jamie</i>			
5:30 pm	Vinyasa Flow <i>Lilla</i>		Vinyasa Flow <i>Lilla</i>				
6:00 pm				Belly Dancing <i>Kerry Resumes 1-9</i>			
7:00 pm	Hot Yoga <i>Lilla Resumes 1-20</i>		Hot Yoga <i>Lilla Resumes 1-20</i>				