

studio B schedule							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	 Nicole B.		 Nicole B.				
8:00 AM		 David		 David			
9:00 AM	 Kama	Yoga Bliss David	 Kama	Yoga Bliss David	 Deborah	 Melissa H.	
10:30 AM	 Matt R.	 Sarah	 Matt R.	 Sarah			 Rachelle
5:00 PM		 Deborah		 Deborah			
5:30 PM	 Cheryl		 Cheryl	 Jeanne			
6:45 PM	Zumba Sandra		Zumba Sandra				
<p>The following Yoga classes are located in the Upstairs Studio: Friday 9AM Vinyasa Flow Monday and Wednesday 10AM Yoga Bliss Tuesday and Thursday 4:30PM Yoga Flow Monday and Wednesday 5:30PM Vinyasa Flow</p>							