

| time | monday | tuesday | wednesday | thursday | friday | saturday | sunday |
|-----------------|----------------------------------|----------------------------------|--------------------------------|---|------------------------------|--------------------------------|-----------------------------------|
| 7AM / 9:30AM | 9:30AM HATHA - MONICA | 9:30AM YIN - EMI | | 7AM HATHA - MONICA 9:30 AM HATHA - DENISE | 9:30AM BEGINNERS - EMI | 8:30AM- HATHA- ANDREA | 9:45 HATHA - CAREN |
| 12PM | | | HATHA - JANINA | | | 9:45 AM- YIN YOGA ANDREA | 11:00AM RESTORATIVE - CAREN |
| 6PM | 5:45PM - VINYASA - CHANTAL | HEATED POWER - EMI | ZEN STRETCH - CHANTAL | YOGA W WEIGHTS - EMI | 6:30 HEATED POWER | | |
| 7PM | BEGINNERS YOGA - CHANTAL | | 7:15 - VINYASA - CHANTAL | YIN - ANDREA | | | |
| 7:30PM / 8:30PM | | 7:30PM RESTORATIVE - CAREN | | 8:15 PM HATHA - ANDREA | | | |