MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pilates Mat / Barre Jill **9-10:15AM**	Beginning Hatha & Sun Salutes* Henry **9-10:15AM**	Hatha Flow* Phoenix **9-10:15AM**	Pilates Mat* Jill **9 - 10AM**	Vinyasa Flow* Jackie **9-10:15AM**	Hatha Flow Anna **9-10:15AM**	Hatha Yoga & Moon Salutes* Kate **9-10:15AM**
Gentle / Seniors* Phoenix **10:45AM-12PM**			Gentle / Seniors* Phoenix **10:45AM-12PM**		Congolese Dance Loubayi **10:45-12PM** Class pass + $5 tip to drummer Dates: 11/21, 12/5, 12/19,	**Special Events:** **11/22: Sound Bath with Calypte Healing** 6 - 7:30PM, $30/$35 and on **11/29: Bellydance with Sheena Rose** 10:45AM-12PM class pass / $20
	Pilates Mat Anna **6-7PM**		Capoeira for children Ages 4-11 years “Tigresa” **5-5:45PM**			

BOOK A MASSAGE WITH US!
50-minutes, $110 or 80-minutes $160

***indicates hybrid (in-person and ZOOM)**

This schedule was updated on 11/10/26

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