



Spring 2018

Yoga & Fitness Classes

April 2nd - June 17th (No Drop In Classes Sunday May 20th, Monday May 21st)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am Weight Training (Darnelle)		7am Weight Training (Juan)		7am Weight Training (Darnelle)		
			8:45am -30 mins Meditation (Yasmine) FREE CLASS		8am FitCamp - Advanced (Juan)	8:30am FitCamp - Intermediate (Winnie)
9:30am FitCamp Aerobic (Lee)	9:30am Hatha Yoga (Ben)	9:30am FitCamp Core N More (Jessi)	9:30am Hatha Yoga (Ben)	9:30am FitCamp - Intermediate (Jessi)	9:15am  (Lee)	9:45am Hatha Flow Yoga (Wendy I)
11am Yin Yoga (Wendy)	11am FitCamp - Basics (Winnie)	11am QiGong (Taylore) FREE CLASS	11am FitCamp - Basics (Alexa)			
						4pm - 75mins Yin Yoga (Kate)
5:45pm - 45 mins FitCamp X (Nestor)	6pm - 45 mins FitCamp-Advanced (Lorenzo)	6pm Weight Training (Lorenzo)	6pm - 45 mins FitCamp-Advanced (Alexa)			5:30pm  (Lee)
6:45pm - 45 mins FitCamp X (Nestor)	7:30pm - 75 mins Hatha Yoga (Lucy)		7:30pm -75 mins Hatha Yoga (Kate)			

Please check ONLINE SCHEDULE for most up to date information on class times/cancellations