

Classes Online!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00	Balance	Barrefusion	Barrefusion	Your own practice! (any time)	Balance	Yoga	Yoga
11:30						Barrefusion	Barrefusion
13:00							
18:15							
19:15	Yin Yoga	Restorative Yoga	Yoga		Community Meditation		