

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>9:30am</b> <b>Hatha Flow</b> <b>Margo</b> <b>(Sept 14<sup>th</sup>)</b>		<b>9:30am</b> <b>Hatha Yoga</b> <b>Margo</b> <b>(Sept 2<sup>nd</sup>)</b>			
						<b>9am</b> <b>Carol – Anne</b> <b>Yoga (Hatha Strength &amp; Stretch Flow)</b> <b>(Aug 22<sup>nd</sup>)</b>
<b>9am</b> <b>Ian</b> <b>Functional Yoga &amp; Movement</b> <b>All Levels</b> <b>(Sept 6<sup>th</sup>)</b>	<b>12pm</b> <b>Kyle</b> <b>H.I.I.T (Kettle Bell)</b> <b>(Aug 24<sup>th</sup>)</b>		<b>12pm</b> <b>Travis</b> <b>Athletic Conditioning</b> <b>(Sept 9<sup>th</sup>)</b>			<b>10am</b> <b>Elisa</b> <b>Fit Fusion</b> <b>(Now Active)</b>
<b>11am</b> <b>Elisa</b> <b>Fit Fusion</b> <b>(Now Active)</b>	<b>6pm</b> <b>Ian</b> <b>Yoga Fit (All Levels)</b> <b>(Sept 14<sup>th</sup>)</b>	<b>6pm</b> <b>Ian</b> <b>Power Yoga</b> <b>(Intermediate)</b> <b>(Sept 1<sup>st</sup>)</b>				
	<b>6pm</b> <b>Daniel</b> <b>Full Body Complexes</b> <b>(Aug 24<sup>th</sup>)</b>			<b>6:30pm</b> <b>Carol-Anne</b> <b>Yoga (Runners &amp; Lifters)</b> <b>(Aug 26<sup>th</sup>)</b>		<b>12pm</b> <b>Margo</b> <b>Yoga Restorative</b> <b>(Aug 22<sup>nd</sup>)</b>
	]	<b>7:15pm</b> <b>Elisa</b> <b>Spin</b> <b>(Sept 1st)</b>	<b>6pm</b> <b>Susan</b> <b>H.I.I.T</b> <b>(Aug 26<sup>th</sup>)</b>			