

Yoga & Fitness Drop-In Scheule | April - June 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM				Express HIIT 6:15 - 7:00 AM		Express HIIT 6:15 - 7:00 AM	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM		Spin 7:45 - 8:15 AM					
8:30 AM							
9:00 AM			Pilates 8:50 - 9:50 AM			Yoga in Mandarin 9:00 - 10:00 AM	
9:30 AM					Barre Pilates 9:30 - 10:30 AM		
10:00 AM			Gentle & Restorative Yoga 10:00 - 11:15 AM	Iyengar Yoga 10:00 - 11:30 AM		Gentle Yoga 10:00 - 11:00 AM	Iyengar Yoga 10:00 - 11:15 AM
10:30 AM		Barre Pilates 10:30 - 11:30 AM					
11:00 AM					Yoga in Mandarin 10:45 - 11:45 AM		
11:30 AM							Zumba 11:30 AM - 12:30 PM
12:00 PM			Express HIIT 12:00 - 12:45 PM	Express Spin 12:00 - 12:30 PM	Express HIIT 12:00 - 12:30 PM		
12:30 PM							
1:00 PM			Osteofit 1:00 - 2:00 PM				
1:30 PM					Chair Yoga - Hybrid 1:00 - 2:00 PM		
2:00 PM		Womens Only Fitness 2:15 - 3:15 PM					Special Sound Healing Yoga (Once a month) 2:00 - 4:00 PM
2:30 PM							
3:00 PM						Gentle Yoga 2:45 - 3:45 PM	
3:30 PM	Gentle & Restorative Yoga 3:30 - 4:30 PM						
4:00 PM							
4:30 PM	Sound Healing Meditation 4:30 - 5:45 PM						
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM					Zumba 6:30 - 7:30 PM		
7:00 PM							
7:30 PM				Zumba 7:30 - 8:30 PM			
8:00 PM							
8:30 PM							