



JULY GROUP EXERCISE SCHEDULE

Monday

STRENGTH, STABILITY, STRETCH (SSS)
10:30 - 11:30 AM
Matthew

YOGA FLOW
11:45 - 12:45 PM
Kyoko

HATHA YOGA
1:00 - 2:30 PM
Gordon

TAI CHI
3:00 - 4:30 PM
Helene

YOGA FLOW
5:15 - 6:15 PM
Emily

Tuesday

INTEGRAL YOGA
7:15 - 8:45 AM
Mia

CHAIR YOGA
10:00 - 11:00 AM
Albert (ZOOM)*
(No class July 14)

SMOOTH & GROOVE DANCE
10:30 - 11:30 PM
Gustavo

BOOT CAMP JAM
4:00 - 5:00 PM
Tia

Youth Hip Hop
5:00-6:00pm

Wednesday

STRENGTH, STABILITY, STRETCH (SSS)
10:30 - 11:30 AM
Matthew

Youth Ballet
3:15-4:00pm

Youth Ballet
4:15-5:15pm

BOLLYWOOD
6:00 - 7:00 PM
Manasi

Thursday

YOGA FLOW
7:00 - 8:00 AM
Emily

DANCE FUSION
10:30 - 11:15 AM
Rachel

CHAIR YOGA
2:00 - 2:45 PM
Bea (ZOOM)*

BOOT CAMP JAM
4:00 - 5:00 PM
Tia

BACHATA DANCE
6:00 - 7:00 PM
Alicia

Friday

YOGA FUNDAMENTALS
7:30-8:45AM
Jerry

INTEGRAL YOGA
9:30 - 10:45 AM
Marion

STRENGTH, STABILITY, STRETCH (SSS)
11:00 - 12:00 PM
Matthew

LATINO GROOVE
6:00 - 7:00 PM
Gustavo

Saturday

ZUMBA™*
9:15 - 10:15 AM
Carrie

Youth Ballet*
11:30-12:15pm

Youth Tap*
12:30-1:15pm

Youth Hip Hop*
1:30-2:15pm

HATHA YOGA*
3:00 - 4:00 PM
Oliver


***NO CLASSES JULY 4**


Sunday

YOGA
9:00 - 10:00 AM
Daniel

KEY
*ZOOM classes are available from the comfort of your own home using a computer.

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