



SEPTEMBER GROUP EXERCISE SCHEDULE

Monday

STRENGTH,
STABILITY,
STRETCH (SSS)
10:30 - 11:30 AM
Matthew
(No class 9/7)

YOGA FLOW
11:45 - 12:45 PM
Kyoko
(No class 9/7)

TAI CHI
3:00 - 4:30 PM
Helene
(No class 9/7)

YOGA FLOW
5:15 - 6:15 PM
Emily
(No class 9/7)

Tuesday

INTEGRAL YOGA
7:15 - 8:45 AM
Mia

CHAIR YOGA
10:00 - 11:00 AM
Albert (ZOOM)*

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

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

Wednesday

LATIN CARDIO
6:00-7:00AM
Alicia
(No class 9/16
& 9/30)

BREATHWORK
9:00-9:50AM
Charles

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

BOLLYWOOD
6:00 - 7:00 PM
Manasi

Thursday

YOGA FLOW
7:00 - 8:00 AM
Emily

YOGA
FUNDAMENTALS
8:45- 10:00 AM
Jerry

DANCE FUSION
10:30 - 11:15 AM
Rachel

CHAIR YOGA
1:00 -1:45 PM
Bea

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

Friday

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

INTEGRAL YOGA
7:30 - 9:00 AM
Jeff

ZUMBA™
9:15 - 10:15 AM
Carrie

HATHA YOGA
3:00 - 4:00 PM
Oliver

Sunday

YOGA
9:00 - 10:00 AM
Daniel

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KEY

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