

CLASS SCHEDULE

Monday

Strong 8:15AM

Yoga 9:00AM

Yoga 5:30PM

Tuesday

Yoga 9:00AM

Strong 4:45PM

Yoga 5:30PM

Wednesday

Strong 8:15AM

Yoga 9:00AM

Yoga 5:30PM

Thursday

Yoga 9:00AM

Strong 4:45PM

Yoga 5:30PM

Friday

Strong 8:15AM

Yoga 9:00AM

Yoga 5:30PM

Saturday

Yoga 10:00AM

Sunday

Yoga 5:00PM