

SEPTEMBER
2024

WEEKLY Schedule



MONDAY

- 9AM VINYASA FLOW W/ DIANA
- 10:15AM INNER CALM YIN W/ DIANA
- 11:30AM CORE W/ RACHEL
- 4:30PM INNER CALM YIN W/ LAUREN
- 5:45PM YOGA BASICS W/ MARILEE
- 7PM SCULPT W/ SUSAN (N)

TUESDAY

- 6AM CIRCUIT TRAINING W/ KOLEEN PT (N)
- 9AM YOGA BASICS W/ RYN
- 10:15AM SLOW FLOW W/ LAUREN
- 5:30PM SLOW FLOW W/ LAUREN
- 6:45PM RESTORATIVE W/ LAUREN

WEDNESDAY

- 9AM CORE W/ RACHEL
- 10:15AM SLOW FLOW W/RACHEL
- 5:30PM VINYASA FLOW W/ JACKY
- 6:45PM INNER CALM YIN W/ JACKY

THURSDAY

- 6AM CIRCUIT TRAINING W/ KOLEEN PT (N)
- 9AM SLOW FLOW W/ DIANA
- 10:15AM INNER CALM YIN W/ LAUREN
- 5:30PM KIDS YOGA W/ LIANA (N)
- 5:30PM VINYASA FLOW W/ LISA
- 6:45PM YIN + YOGA NIDRA W/ LISA

FRIDAY

- 6:30AM SLOW FLOW W/ MARILEE
- 9:30AM CORE W/ RACHEL
- 10:45 RESTORATIVE W/LAUREN

SATURDAY

- 9AM VINYASA FLOW W/ JACKY
- 10:15AM INNER CALM YIN W/JACKY
- 11:30AM YOGA BASICS W/ MARILEE

SUNDAY

- 9AM VINYASA FLOW W/ LISA + NINA
- 10:15AM INNER CALM YIN W/ LISA + NINA

MONTHLY SUNDAY SPECIALS:

- "STRETCHING FOR PREGNANCY + BIRTH" 2ND SUNDAY W/ KOLEEN

TRY YOUR 1ST CLASS FOR \$5

ALL CLASSES HELD AT:

1178 S. LAPEER RD LAPEER MI

(810)412-8564

(N)= IN-STUDIO ONLY

SCHEDULE SUBJECT TO CHANGE.