

MONDAY

Fusion Ashtanga 8:45-9:45am
Sculpt 12-1pm
Prenatal 6-7pm
Vinyasa 7:15-8:15pm

TUESDAY

Mysore 6:30-7:30am
Fusion Ashtanga 8:45-9:45am
Vinyasa 12-1pm
Vinyasa 6-7pm
Yin 7:15-8:15pm

WEDNESDA

Vinyasa 10-11am
Hardcore Hatha 12-1pm
Pranayama 6-7pm

THURSAY

Mysore 6:30-7:30am
Hatha 10-11am
Vinyasa 12-1pm
Vinyasa 6-7pm



FRIDAY

Vinyasa 8:45-9:45am
Vinyasa 12-1pm
Fly Kid 5-5:50pm
Fly to Yin 6-7pm

SATURDAY

Vinyasa 9-10am
75mins Ashtanga 10:15-11:30am
Fly Pilates 4:45-5:45pm

SUNDAY

ViniYoga 9-10am
Hatha 4:45-5:45pm

FIRST FLOOR WEEK FREE