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SUN	MON	TUES	WED	THUR	FRI	SAT
		6 AM ASHTANGA FUSION	6 AM ASHTANGA FUSION	6 AM ASHTANGA FUSION	6 AM ASHTANGA FUSION	
	8:45 AM ASHTANGA FUSION					9 AM FLY BARRE-PILATES
10 AM HATHA - VINI			10 AM VINYASA			10:15 AM AROMATHERAPY POWER VINYASA
	12 PM AROMATHERAPY POWER VINYASA	12 PM AROMATHERAPY POWER VINYASA	12 PM FLY FOUNDATIONS	12 PM PIYO	12 PM AROMATHERAPY POWER VINYASA	
4:45 PM HATHA						4:45 PM AROMATHERAPY POWER VINYASA
	6 PM PRE-NATAL	6 PM VINYASA	6 PM VINYASA	6 PM AROMATHERAPY POWER VINYASA		
	7:15 PM VINYASA TO YIN	7:15 PM YIN & MELLOW MOVEMENT	7:15 PM VINYASA TO YIN	7:15 PM CHILL FLOW	7 PM CANDLELIGHT FLOW (FREE)	

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Updated 9/1/2024