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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					
10 AM HATHA - VINI						10 AM AROMATHERAPY POWER VINYASA
	12 PM AROMATHERAPY POWER VINYASA	12 PM FLY FOUNDATIONS	12 PM AROMATHERAPY POWER VINYASA	12 PM VINYASA	12 PM AROMATHERAPY POWER VINYASA	12 PM FLY BARRE-PILATES
4:45 PM HATHA						4:45 PM POWER VINYASA
	6 PM PRE-NATAL	6 PM VINYASA	6 PM VINYASA	6 PM AROMATHERAPY POWER VINYASA		
	7:15 PM VINYASA	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 11/23/2024