

May Schedule

* NEW CLASSES !

	S	M	T	W	TH	F	S
9 am							Hatha + Yin Maggie A.
9:30 am		Hatha Jolene B.	Flow Peter E.	Mat Pilates Zorica J.	Hatha Jolene B.	Hatha Sadie L.	
10 am	Yoga + Breath Troy T.						
10:30 am							Mat Pilates Zorica J.
11 am		Power Pilates Jolene B.					
11:30 am					Flow Peter E.		
1:15 pm		墊上皮拉提斯 Shantel Y.	筋膜伸展+放鬆 Antonia C.			禪柔+心血管呼吸 Antonia C.	
4 pm			Gyrokinesis Lynda S.				
5:30 pm		Flow Ginny B.					
5:45 pm				Hatha Maggie A.			
7:15 pm						Roll + Rest Jolene B.	
7:30 pm	Stretch + Sound Healing Ally C.		Gentle Hatha Evanna K.	Restorative Sadie L.	Gentle Hatha Yara A.		



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