

Class Schedule

Mon	Tues	Wed	Thu	Fri	Sat	Sun
10:00 am *Aerial Yoga* (Kimmy)		9:30 am *Hatha Yoga* (Kimmy)	9:30 am *PilaYoga* (Veronica)		9:30 am *PilaYoga* (Veronica)	10:30 am *Aerial Yoga* (Kimmy)
	7:00 pm *Aerial Yoga* (Kimmy)			4:30 pm *Youth Group Fitness* (Veronica)		

***PRE-REGISTRATION is required to join ALL our group classes & PRIVATE YOGA**

****All first-timers must take "BEGINNER Aerial Yoga" to join our regular & advanced Aerial Yoga classes**
*****Please Contact us for more info.**