



This Week's Schedule

Monday (Boutique 10am - 4:30pm)

9:00 – 10:00 am	Sue's Therapeutic (level 1/2)
10:30 - 11:30 am	Sue's Therapeutic (level 1/2)
12:10 - 1:00 pm	Hatha Flow with Sue (level 2)
4:30 – 5:15 pm	Hatha Vinyasa with Hilary (level 2)
5:30 – 6:30 pm	Hatha Vinyasa with Hilary (level 2/3)
7:30 – 8:30 pm	Restorative Yoga (level 1) **Class size limited to 12**

Tuesday (Boutique 1pm - 6pm)

12:10 – 1:00 pm	Intro to Flow with Hilary (level 1/2)
1:30 – 2:30 pm	Afternoon Energizer with Rebecca (level 2)
4:30 – 5:15 pm	Sue's Therapeutic (level 1/2)
5:30 - 6:30 pm	Hatha Flow with Sue (level 2/3)

Wednesday (Boutique 9am - 4:30pm)

9:00 – 10:00 am	Sue's Therapeutic (level 1/2)
10:30 - 11:30 am	Sue's Therapeutic (level 1/2)
12:10 - 1:00 pm	Hatha Flow with Sue (level 2)
4:30 – 5:15 pm	Hatha Vinyasa with Hilary (level 2)
6:00 – 7:00 pm	HIIT with LorAnn (level 2)
7:45 – 9:00 pm	Hatha Flow with Rebecca (level 2)

Thursday (Boutique 1pm - 6pm)

12:10 – 1:00 pm	Intro to Flow with Hilary (level 1/2)
1:30 – 2:30 pm	Afternoon Energizer with Rebecca (level 2)
4:30 – 5:15 pm	Sue's Therapeutic (level 1/2)
5:30 - 6:40 pm	Sue's Therapeutic + Meditation (level 1/2)
7:00 – 8:00 pm	Yoga for Athletes (level 3)

Friday (Boutique 8:30am - 5pm)

9:00 – 10:00 am	Sue's Therapeutic (level 1/2)
10:30 - 11:30 am	Sue's Therapeutic (level 1/2)
12:10 - 1:00 pm	Hatha Flow with Sue (level 2)
5:30 – 6:30 pm	Runner's Recovery Stretch & Strength (level 2)

Saturday (Boutique 9am - 12:00pm)

8:30-9:20	Hatha Flow (Level 2)
9:30 - 10:30am	Saturday Slow Flow with Rebecca (level 1/2)

Sunday (Boutique 8:30am - 12:30pm)

8:30 - 9:20 am	Hatha Flow with Sue (level 2)
9:30 - 10:30am	Sue's Therapeutic (level 1/2)
11:00 - 12:00 pm	Sue's Therapeutic (level 1/2)