



Studio Schedule

Monday

9:00 – 10:00 am
10:30 - 11:30 am
12:10 - 1:00 pm
4:30 - 5:15 pm

Sue's Therapeutic (level 1/2)
Sue's Therapeutic (level 1/2)
Hatha Flow with Sue (level 2)
Power Yoga with Tina (level 2)

Tuesday

12:10 - 1:00 pm
4:30 – 5:15 pm
5:30 - 6:30 pm

Intro to Flow with Sue (level 1/2)
Sue's Therapeutic (level 1/2)
Hatha Flow with Sue (level 2/3)

Wednesday

9:00 – 10:00 am
10:30 - 11:30 am
12:10 - 1:00 pm

Sue's Therapeutic (level 1/2)
Sue's Therapeutic (level 1/2)
Hatha Flow with Sue (level 2)

Thursday

12:10 – 1:00 pm
5:30 - 6:30 pm

Intro to Flow with Sue (level 1/2)
Sue's Therapeutic (level 1/2)

Friday

9:00 – 10:00 am
10:30 - 11:30 am
12:10 - 1:00 pm

Sue's Therapeutic (level 1/2)
Sue's Therapeutic (level 1/2)
Hatha Flow with Sue (level 2)

Saturday

8:30 – 9:15 pm
9:30 - 10:30am

Hatha Flow with Hilary (level 2)
Gentle Stretch with Hilary (level 1/2)

Sunday

8:30 - 9:20 am
9:30 - 10:30am
11:00 - 12:00 pm

Hatha Flow with Katie (level 2)
Yoga and Movement with Katie (level 1/2)
Yoga and Movement with Katie (level 1/2)