



## Studio Schedule

February 11 - 17

### Monday

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

Sue's Therapeutic (level 1/2)  
Sue's Therapeutic (level 1/2)  
Hatha Flow with Sue (level 2)  
Hatha Vinyasa with Sue (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  
4:30 - 5:15 pm  
5:30 - 6:30 pm

Intro to Flow with Sue (level 1/2)  
Pilates with Maja (level 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 - 10:30 am

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

### Sunday

8:30 - 9:20 am  
9:30 - 10:30 am  
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)