

Studio Schedule

Monday

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	Power Yoga with Tina (level 2)

Tuesday

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

Wednesday

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)

Thursday

12:10 – 1:00 pm	Intro to Flow with Sue (level 1/2)
5:30 - 6:30 pm	Sue's Therapeutic (level 1/2)

Friday

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)

Saturday

8:30 – 9:15 pm	Hatha Flow with Hilary (level 2)
9:30 - 10:30am	Gentle Stretch with Hilary (level 1/2)

Sunday

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)