

Studio Schedule

May 20th - May 26th

Monday

8:30 – 9:20 am Hatha Flow With Sue (level 2)
9:30 - 10:30 am Sue's Therapeutic (level 1/2)

Tuesday

12:10 - 1:00 pm Yoga Mix with Sue (all levels)
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) Yoga
12:10 - 1:00 pm Mix with Sue (all levels)

Thursday

12:10 – 1:00 pm Intro to Flow with Sue (level 1/2)
4:30 – 5:15 pm Pilates with Maja (all levels)
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)

Saturday

8:30 – 9:15 pm Hatha Flow with Sue (level 2)
9:30 - 10:30 am Sue's Therapeutic (level 1/2)

Sunday

8:30 - 9:20 am Hatha Flow with Katie (level 2)
9:30 - 10:30 am Yoga and Movement with Katie (level 1/2)
11:00 - 12:00 pm Yoga and Movement with Katie (level 1/2)