

Studio Schedule

December 9 - 15

Monday		Boutique Hours
Sue's Monday classes will resume next week		Please contact
5:30 - 6:30 pm	Morgan's Fun and Gentle Flow (all levels)	
Tuesday		
12:10 - 1:00 pm	Yoga Mix with Sue (all levels)	11:00 - 4:00
4:30 - 5:15 pm	Sue's TheraMovement (all levels)	
5:30 - 6:30 pm	Hatha Flow with Sue (level 2/3)	
7:00 - 8:00 pm	Let the Day Go - Slow Flow with Lee (level 1/2)	
Wednesday		
9:00 - 10:00 am	Sue's TheraMovement (all levels)	8:30 am - 2:30 pm
10:30 - 11:30 am	Sue's TheraMovement (all levels)	
12:10 - 1:00 pm	Yoga Mix with Sue (all levels)	
5:30 - 6:30 pm	Chakra Flow with Morgan (level 2)	
Thursday		
12:10 - 1:00 pm	Yoga Mix with Sue (all levels)	Please contact
4:30 - 5:15 pm	Pilates with Maja (all levels)	
5:30 - 6:30 pm	Sue's TheraMovement (all levels)	
Friday		
9:00 - 10:00 am	Sue's TheraMovement (all levels)	8:30 am - 12:30 pm
10:30 - 11:30 am	Sue's TheraMovement (all levels)	
12:10 - 1:00 pm	Hatha Flow with Sue (level 2)	
Saturday		
9:00 - 9:45 am	Chakra Flow with Morgan (level 2)	Please contact
10:00 - 11:00 am	Chakra Flow with Morgan (level 2)	
Sunday		
8:30 - 9:30 am	Hatha Flow with Sue (level 2)	Please contact
10:00 - 11:00 am	Sue's TheraMovement (all levels)	