

Weekly Schedule

(schedule may change)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						yoga / Robyn
9:00 AM						8:30 - 9:30
9:30 AM						
10:00 AM			yoga / Gia		yoga / Gia	
10:30 AM			CALL 24 HOURS AHEAD		CALL 24 HOURS AHEAD	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM	pilates / Pam			pilates / Pam		
7:00 PM	6:30 - 7:20	yoga / Robyn		6:30 - 7:20		
7:30 PM	yoga / Gia / Robyn	7:00 - 8:00		yoga / Robyn		
8:00 PM	7:30 - 8:30			7:30 - 8:30		
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
11:00 PM						