Inner Strength Class Schedule - Yoga

Effective 5/1/19 (Schedule subject to change without notice)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am							
6am		**Sunrise Yoga -** Stephanie		**Sunrise Yoga -** Amanda			
8am						**Yoga Barre Fusion –** Stephanie	
8:30am							**5Elements Fire Flow** - Stephanie
9am		**PIYO with Weights** - Missie		**Yoga Barre Fusion** - Stephanie		**Gentle Yoga Flow –** Angie	
9:30am	**Power Flow -** Meghan		**5Elements Fire Flow -** Stephanie		**Free Flow Fridays -** Teacher Rotation		
10am		**5Elements Water Flow** - Stephanie		**5Elements Earth Flow** - Stephanie			**One Flow Fits All** - Terry/Stephanie
11am	**5Elements Water Flow** - Stephanie		**5Elements Earth Flow** - Stephanie		**5Elements Fire Flow** - Stephanie	**Kylie Smilie Yoga** - Stephanie/Amanda	
12pm							**1st Sunday Donation SEVA Class -** Christy
4pm	**Pilates** - Sheena		**Vin2Yin** - Amanda				
5pm		**5:15 Mixed Level** - Donna					
5:30pm	**Flow & Sculpt** - Terry						
6pm				**Transform –** Shanen			
6:30pm			**Mellow Flow** – Angie/Terry				
7pm	**Belly Dancing Series** - Jamie	**Vinyasa Bliss** - Stephanie		**Vinyasa Bliss –** Amanda			

INNER STRENGTH FITNESS CLASSES on separate schedule

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