

WINTER BREAK 2019 | JAN 3 through JAN 11

FITNESS SCHEDULE

All classes are
FREE
 during break!



| | | Thursday | | Friday | |
|---|---------|--------------------------------------|----------|---|--|
| | | JAN 3 | | JAN 4 | |
| | | 4:15 – 5:00pm Cycle 45 w/ Torin | | 10:00 – 11:00am Vinyasa Flow w/ Corrina | |
| | | | | 11:15 – 12:00pm Slow Flow Yin w/ Corrina | |
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| JAN 7 | JAN 8 | JAN 9 | JAN 10 | JAN 11 | |
| 10:00 – 11:00am Vinyasa Flow w/ Corrina | | | | 10:00 – 11:00am Vinyasa Flow w/ Corrina | |
| 11:15 – 12:00pm Slow Flow Yin w/ Corrina | | 12:00 – 12:45pm Cycle 45 w/ Torin | | 11:15 – 12:00pm Slow Flow Yin w/ Corrina | |
| 12:00 – 12:45pm Cycle 45 w/ Torin | | | | 12:00 – 12:45pm Cycle 45 w/ Torin | |



STUDIO 4



CYCLE STUDIO

