

SCHEDULE

FROM 4/29/24

KIDS + TEENS: AGES 3-14

K1 3-4 | K2 5-6 | K3 7-9 | T 10-14

ADULTS: AGES 15+

A1 - ALL ADULTS | A2 - 2STRIPE+

MONDAY

11:00 AM

A1 60 MIN | A2 90 MIN

4:30 PM

K3 | 7-9 | 60 MIN

5:30 PM

T | 10-14 | 60 MIN

6:30 PM

A1 60 MIN | A2 90 MIN

TUESDAY

11:00 AM

A - YOGA for stability | 60 Min

4:15 PM

K1 | 3-4 | 30 MIN

4:45 PM

K2 | 5-6 | 45 MIN

5:30 PM

K3 | 7-9 | 60 MIN

6:30 PM

A1 60 MIN | A2 90 MIN

WEDNESDAY

11:00 AM

A1 60 MIN | A2 90 MIN

4:30 PM

K3 | 7-9 | 60 MIN

5:30 PM

T | 10-14 | 60 MIN

6:30 PM

A1 60 MIN | A2 90 MIN

THURSDAY

11:00 AM

A - YOGA for recovery | 60 Min

4:15 PM

K1 3-4 | 30 MIN

4:45 PM

T | 10-14 | 60 MIN

5:45 PM

K2 | 5-6 | 45 MIN

6:30 PM

A1 60 MIN | A2 90 MIN

FRIDAY

11:00 AM

A1 60 MIN | A2 90 MIN

5:30 PM

K2, K3 +T | 5-14

OPEN MAT

60 MIN

6:30 PM

ADULT OPEN MAT 90 MIN

SATURDAY

9:00 AM

K1 | 3-4 | 30 MIN

9:30 AM

K2, K3 +T | 5-14 | 60 MIN

10:30 AM

A1 60 MIN | A2 90 MIN

12:00 PM

K2, K3 +T | COMP CLASS | 90 MINS