

MON

RISE AND SHINE | OUTDOOR 8:00AM-9:00AM | \$15/CLASS

TUES

GENTLE YOGA | INDOOR 12:00PM-1:00PM | \$15/CLASS

WED

SLOW FLOW | OUTDOOR 4:00PM-5:00PM | \$15/CLASS

ENJOY 10% OFF A 5-WEEK SESSION!
ALSO AVAILABLE: 3 & ME | LESSON AND CLASS PACKAGES

