



# July 1<sup>st</sup> – July 31<sup>st</sup> 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Pilates Mat Kat 8:00am – 8:45am <b>B Level Studio 1</b>		
	Yoga Flow Valerie 10:15am – 11:15am <b>B Level Yoga Studio</b>		Cycle Roby 9:00am – 10:00am <b>A Level Cycle Studio</b>		Cycle Eliza 9:00am – 10:00am <b>A Level Cycle Studio</b>	
		Strengthen & Lengthen Deb 10:15am – 11:15am <b>B Level Studio 1</b>		Strengthen & Lengthen Deb 10:15am – 11:15am <b>B Level Studio 1</b>	Slow Flow Eliza 10:15am – 11:15am <b>B Level Yoga Studio</b>	
			Full Body Burn Heather 11:30am – 12:30pm <b>B Level Studio 1</b>			
Sound Meditation Dermot 5:30pm – 6:30pm <b>B Level Yoga Studio</b>						

*Class Schedule is subject to change, please see the Mindbody app for all updates.*