



RIVER VALLEY RANCH



Day	Time	Location	Class	Instructor
<b>Monday 4/22</b>				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
	9:30 - 10:30 AM	Studio	Strong & Stable	Bonnie
	10:45 - 11:45 AM	Studio	Foundational Yoga	Wendy
<b>Tuesday 4/23</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	HIIT	Lauren
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Pool	Master Swim	Dave
<b>Wednesday 4/24</b>				
<b>CANCELLED</b>	<del>7:30 - 8:30 AM</del>	<del>Studio</del>	<del>Mountain Morning Intermediate Flow</del>	<del>Wendy</del>
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	9:30 - 10:30 AM	Studio	Barre	Lauren
<b>Thursday 4/25</b>				
	8:00 - 9:00 AM	Studio	Cycling + Upper Body Strength	Shaylee
	9:30 - 10:30 AM	Studio	Dynamic Strength	Bonnie
	10:45 - 11:45 AM	Studio	Pilates Blend	Natalie
	5:30 - 6:30 PM	Pool	Master Swim	Dave
<b>Friday 4/26</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	Spin	Bonnie
	10:45 - 11:45 AM	Studio	Pilates	Elly
<b>Saturday 4/27</b>				
	9:00 - 10:00 AM	Studio	Ageless Athlete	John
<b>Sunday 4/28</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen