



RIVER VALLEY RANCH

Day	Time	Location	Class	Instructor
<b>Monday 3/9</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	Shaylee
<b>Tuesday 3/10</b>				
	6:00-7:00 AM	Studio	PEAK Fitness	Nicole
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Anthony
	9:30 - 10:30 AM	Studio	HIIT	Lauren
<b>Wednesday 3/11</b>				
	8:00 - 9:00 AM	ZOOM	Qigong: Moving Meditation	Cari
	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	Susan
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Ellen (sub)
<b>Thursday 3/12</b>				
<b>New Instructor!</b>	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	<del>7:30 - 8:30 AM</del>	Studio	<del>Vinyasa Flow Yoga</del>	<b>CANCELED</b>
	9:30-10:30 AM	Studio	Pilates for Everyone	Johnna
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Shaylee
	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
<b>Friday 3/13</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Ellen (sub)
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
<b>Saturday 3/14</b> No classes - Happy Saturday!				
<b>Sunday 3/15</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen