



Day	Time	Location	Class	Instructor
<b>Monday 5/11</b>				
<b>Canceled</b>	8:00–9:00 AM	ZOOM	Qigong: Moving Meditation	Gari
	8:00 - 9:00 AM	Studio	Pilates for Everyone	Alexandra
<b>New Instructor!</b>	9:30-10:30 AM	Studio	Strong & Stable	<b>Nicole</b>
<b>Tuesday 5/12</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 5/13</b>				
<b>Canceled</b>	8:00–9:00 AM	ZOOM	Qigong: Moving Meditation	Gari
<b>Canceled</b>	8:00-9:00 AM	Studio	Cycling + Upper Body Strength	
	9:15-10:15 AM	Studio	Gentle Slow Flow Yoga	Shelly
<b>Thursday 5/14</b>				
	6:00-7:00 AM	Studio	PEAK Fitness	Gavin
	7:30 - 8:30 AM	Studio	Vinyasa Flow Yoga	Shelly
	9:30-10:30 AM	Studio	Pilates for Everyone	Johnna
	12:00 - 1:00 PM	Studio	Dynamic Conditioning	Gavin
	4:00 - 5:15 PM	Studio	MFR + Recovery Yoga	Lindsay
<b>Friday 5/15</b>				
	8:00 - 9:00 AM	Studio	Gentle Slow Flow Yoga	Shelly
	9:30 - 10:30 AM	Studio	Cycle + Strength	Mellie
<b>Saturday 5/16</b>		<b>No classes - Happy Saturday!</b>		
<b>Sunday 5/17</b>				
	4:30 - 5:30 PM	Studio	Restore & Renew Yoga	Ellen