

# ONLINE & GROUP CLASS SCHEDULE

## Monday

8:00am Yoga with Shalmali (in person only/vaccine required)  
9:10am Ballet with Matt  
2:30pm T'ai Ji with Gary (in person only)  
6:00pm Vinyasa Flow Yoga with Lisa T

## Tuesday

8:00am Stretch with Becca  
9:10am Ballet with Matt  
10:20am Deep Stretch and Conditioning with Matt (in person only)  
1:45pm Flamenco Level 1 with Barbara (in person only)

## Wednesday

8:00am Yoga with Shalmali (in person only/vaccine required)  
9:10am Ballet with Matt

## Thursday

8:00am Stretch with Becca  
10:20am Deep Stretch and Conditioning with Matt (in person only)  
11:30am SN Dance with Becca  
1:45pm Flamenco Level 2/3 with Barbara (in person only)

## Friday

8:00am Yoga with Shalmali (in person only/vaccine required)  
9:30am FreeFORM Board with Gail (in person only)  
10:45am Beginning Jazz with Abbie  
11:45am Ballet Variations with Abbie

## Saturday

9:00am Stretch with Lorraine  
10:20am Intermediate Ballet with Matt  
12:00pm Pointe with Matt

## Sunday

7:00am Pilates Mat with Becca  
8:00am Introduction to Ballet with Becca (in person only)  
9:10am Slow Flow Yoga with Cara  
10:20am Ballet with Abbie  
11:30am Spine Corrector with Lorraine (in person only)

Updated 6/7/22