

ONLINE & GROUP CLASS SCHEDULE

updated 6/15/21

Monday

8:00am Yoga with Shalmali
9:10am Ballet with Matt
10:30 Power Pilates Mat with Diana
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 Intermediate/Advanced Pilates Mat with Patty (Zoom Only)
9:10 Ballet with Riley
10:20am Deep Stretch and Conditioning with Matt
11:30am FreeFORM Board with Gail (in person only)
12:45pm SN Dance with Becca
1:45pm Flamenco Level 1 with Barbara (Zoom only)

Wednesday

8:00am Yoga with Shalmali
9:10am Ballet with Matt

Thursday

8:00am Stretch with Becca
9:10am Intermediate/Advanced Pilates Mat with Patty
10:20am Deep Stretch and Conditioning with Matt
3:00pm Flamenco Level 2/3 with Barbara

Friday

7:00am Pilates and Props with Lisa
8:00am Yoga with Shalmali (in person only)
9:30am FreeFORM Board with Gail (in person only)
10:45 Beginning Jazz with Riley
11:45 Ballet Variations with Riley

Saturday

8:00am Pilates Mat with Becca
9:10am Stretch with Becca
10:20am Intermediate Ballet with Matt
12:00pm Pointe with Matt

Sunday

8:30am Ballet with Riley
9:30am Slow Flow Yoga with Cara
11:30am Spine Corrector with Gail
12:40pm Yamuna Body Rolling with Becca