

ONLINE & GROUP CLASS SCHEDULE

updated 10/7/21

Monday

8:00am Yoga with Shalmali (vaccine required)
9:10am Ballet with Matt
6:00pm Vinyasa Flow Yoga with Lisa T

Tuesday

8:00am Stretch with Becca
9:10 Ballet with Matt
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 (in person only)

Wednesday

8:00am Yoga with Shalmali (vaccine required)
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
1:00pm Pilates Mat with Patty
3:00pm Flamenco Level 2/3 with Barbara (in person only)

Friday

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

Saturday

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

Sunday

8:00am Introduction to Ballet with Becca
9:10am Slow Flow Yoga with Cara
10:20 Ballet with Abbie
11:30am Spine Corrector with Gail