

ONLINE & GROUP CLASS SCHEDULE

Updated Aug.30th

Monday

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

Tuesday

8:00am Stretch with Becca
9:10am Beginning Pilates Mat with Patty
10:20am Deep Stretch and Conditioning with Matt
11:30am FreeFORM Board (in person only)
12:45pm SN Dance (Zoom only)
1:45pm Flamenco Level 1 with Barbara (Zoom only)
3:00pm Beginning Jazz with Riley

Wednesday

7:00am Pilates and Props with Lisa (Zoom only)
8:00am Yoga with Shalmali
9:10am Ballet with Matt
3:30pm Yin Yoga with Cara (Zoom only)
4:40pm Ballet Variations with Riley

Thursday

8:00am Stretch with Becca
9:10am Beginning Pilates Mat with Patty
10:20am Deep Stretch and Conditioning with Matt
3:00pm Flamenco Level 2 with Barbara (Zoom only)

Friday

8:00am Yoga with Shalmali
9:30am Pilates and Props with Lisa (Zoom only)
3:30pm Ballet with Riley

Saturday

8:00am Pilates Mat with Becca
9:10am Stretch with Becca
10:20am Intermediate Ballet with Matt
11:30am Pointe

Sunday

8:30am Ballet with Riley
9:30am Pointe with Riley
11:30am Spine Corrector with Becca
12:40pm Yamuna Body Rolling with Becca