

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:30 - 8:00am Wake Up Yoga Lisa				
	9:30 - 10:30am Slow Flow Lisa		10:00 - 11:30am Stretch Relax Nidra Laura		10:00am-11:00am Core Pilates AudraJean	
				5:30-6:30pm Weekend Wind Down Lisa		
6:00 - 7:00pm Slow Flow Laura	6:15 - 7:30pm Flow Yoga Vicky		7:00 - 8:00pm Flow Yoga Vicky			6:00 - 7:00pm Yin Yoga Laura

**Atherstone Studio
& Online**

Online Only