



COMMUNITY-BODY-MIND

CLASS SCHEDULE

WINTER 2024



MONDAY

- 9:00 am "YOGA HOUR" **YOGA FLOW** - w/Corey
5:30 pm "BOXING FOR FITNESS" **CRAFT WELLNESS** - w/David

TUESDAY

- 8:00 am "YOGA HOUR" **YOGA FLOW** - w/AmyD.
10:00 am "SCULPT X BANDS / BUTI YOGA" **CRAFT WELLNESS** -w/Cassie

WEDNESDAY

- 9:00 am "YOGA HOUR" **YOGA FLOW** - w/Corey
12:00 pm "POWER HOUR VINYASA" **YOGA FLOW** - w/Corey

THURSDAY

- 8:00 am "YOGA HOUR" **YOGA FLOW** - w/Amy D.

FRIDAY

- 9:00 am "YOGA HOUR" **YOGA FLOW** - w/Amy
12:00 pm "POWER HOUR VINYASA" **YOGA FLOW** - w/Corey

SATURDAY

- 9:00 am "SCULPT X BANDS / BUTI YOGA" **CRAFT WELLNESS** -w/Cassie
10:00 am "POWER HOUR VINYASA" **YOGA FLOW** - w/Amy M.

SUNDAY

- 10:00 am "RESTORATIVE YIN YOGA" **YOGA FLOW** - w/Corey