



COMMUNITY-BODY-MIND

CLASS SCHEDULE

FALL 2024

MONDAY

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

TUESDAY

- 8:30 am "YOGA HOUR" **YOGA FLOW** - w/Amy D.
09:30 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

- 8:30 am "YOGA HOUR" **YOGA FLOW** - w/Amy D.

FRIDAY

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

SATURDAY

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

SUNDAY

- 9:00 am "RESTORATIVE YIN YOGA" **YOGA FLOW** - w/Shawna