



COMMUNITY-BODY-MIND

2023 CLASS SCHEDULE



MONDAY -

8:00 am "BLISS THE DAY AWAY" YOGA FLOW - w/Corey

TUESDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Amy

9:30 am "SCULPT X BANDS" BUTI YOGA - w/Cassie

WEDNESDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Corey

12:00 pm "BLISS THE DAY AWAY" YOGA FLOW - w/Corey

5:30 pm "BOXING FOR FITNESS" CRAFT WELLNESS - w/Renee

THURSDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Amy

FRIDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Amy

12:00 pm "BLISS THE DAY AWAY" YOGA FLOW - w/Corey

SATURDAY -

9:00 am "SCULPT X BANDS" BUTI YOGA - w/Cassie

10:00 am "BLISS THE DAY AWAY" YOGA FLOW - w/Cassie

SUNDAY -

10:00 am "MORNING GLOW" YOGA FLOW - w/Corey