



# COMMUNITY-BODY-MIND

## January 2023 CLASS SCHEDULE



### MONDAY

9:00am **"BLISS THE DAY AWAY"** YOGA FLOW  
w/ Amy

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### TUESDAY

8:30am **"MORNING GLOW"** YOGA FLOW  
w/ Amy

9:00am **"STRENGTH & CONDITIONING"** CRAFT WELLNESS  
w/ Renee

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### WEDNESDAY

9:00am **"MORNING GLOW"** YOGA FLOW  
w/ Corey

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

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

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### THURSDAY

8:30am **"MORNING GLOW"** YOGA FLOW  
w/ Amy

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### FRIDAY

9:00am **"MORNING GLOW"** YOGA FLOW  
w/ Amy

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

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### SATURDAY

10:00am **"BLISS THE DAY AWAY"** YOGA FLOW  
w/ Matt

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### SUNDAY

10:00am **"MORNING GLOW"** YOGA FLOW  
w/ Matt