

Schedule - SHINE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 am HOT 26 + 2 Level 1 w/Jacki (in studio only)	6am-7am Vinyasa Level 1 Heated w/Jess (in studio & online)	6am-7am Vinyasa Level 2 Heated w/Lauren (in studio & online)		8-9am HOT & Flow Level 2 w/Jeanette (In studio only)
9:00-10:15am Flow & Core Level 2 & 3 Mara (in studio & online)	9-10:00am Slow Flow Level 2 w/ Jeanette (in studio & online)	9:00-10:00am Flow levels 1 & 2 w/ Danny (in studio & online)	9:00-10:00am Gentle & Energy Medicine w/Claire (in studio & online)	9:00-10:00am Flow Levels 1 & 2 w/ Danny (in studio & online)	9:00-10:00am Warrior Sculpt Level 2 w/Jeanette (in studio & online)	9:15-10:15 am Heated Flow & Core Level 2 w/Amanda (in studio & online)
11:00-12:00pm- Yoga Foundations Level 1 w/Yvette (in studio & online)		10:30-11:30am Vinyasa Level 2 w/Lauren Heated (in studio & online)		10:30-11:30am Balance Focus Level 1 w/Claire (in studio & online)	11:00-12:15pm Hot 26 + 2 Level 1 w/Jeanette (in studio & online)	10:30-11:30am Flow Level 1 w/Amanda (in studio & online)
3:00-4:15pm Yin & Meditation Level 1 w/ Natalie (in studio & online)		4:30-5:30pm Vinyasa & Core Level 2 Heated w/ Mona (in studio & online)	4:30-5:30pm Fusion Flow & Meditation Level 1 w/ Yvette (in studio & online)	4:30-5:30pm- Connect & Flow Level 1 & 2 w/Mara (in studio & online)	4:30-5:45pm Restore & Yoga Nidra Level 1 w/Brooke (in studio & online)	
	6:00-7:00pm Vin-YOU-sa Level 1 & 2 Heated w/Jeanette (in studio & online)	6:00-7:00pm Candlelight Flow Level 1 w/Jeanette (in studio & online)	6:00-7:00pm Flow & Core Level 2 Heated w/Lauren (in studio & online)	6:00-7:00pm Restore & Heal w/ Reiki Level 1 w/Susie (in studio & online)		

Scan here to take our schedule home with you!

If you can't come to class please cancel 1 hour ahead of time.

If we don't have anyone signed up for class 1 hour prior (9am-6pm classes) we may cancel class.

If we have no one signed up by 9pm the night prior to a 6am class we may cancel. Please sign up early so we know you're coming.

