

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am							
8:00				Tai Chi 60 Minutes			Tai Chi 60 Minutes
9:00							Power Yoga 90 Minutes
9:30							
11am		Yoga 60 Minutes	Yoga 45 Minutes		Power Burn 45 Minutes		
12pm	Ashtanga Yoga 90 Minutes		Creative Core 45 Minutes	Yoga 60 Minutes	Yoga 45 Minutes		
1:30						Yoga 60 Minutes	
4:30							
5:30							
6:30							

Walk In Classes \$15/ea. Class Packages Available. 300 Beach Dr. N.E. Ste 115 (on 3rd Ave) (727)823-4636