

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am		Pilates Circuit 60 Minutes		Pilates Circuit 60 Minutes			
8:00				Tai Chi 60 Minutes			Tai Chi 60 Minutes
9:00			Evolution Yoga 90 Minutes		Evolution Yoga 90 Minutes		Power Yoga 90 Minutes
9:30		Evolution Yoga 60 Minutes		Evolution Yoga 60 Minutes		Evolution Yoga 60 Minutes	
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		
4:30	Evolution Yoga 90 Minutes					Ashtanga Yoga 60 Minutes	Evolution Yoga 90 Minutes
5:30		Evolution Yoga 90 Minutes		Evolution Yoga 90 Minutes			
6:30			Evolution Yoga 60 Minutes		Evolution Yoga 60 Minutes		

All Single Class Walk-Ins \$15/ea

All Evolution Yoga, 90 Minute Ashtanga, & Power Yoga \$15/ea

Other 45-60 Minute Classes Have Packages Available of 5 for \$50 or 10 for \$90