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FIND US ON:

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Please register at least 24 hours in advance for classes</p>	<p>Check out each class online or in mind body for a full description</p>				<p>1</p> <p>5:15-6:15pm- Gentle Flow Yoga 7:30-8:30pm- Serenity Vibrations</p>	<p>2</p> <p>10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm- Pure Core Group Fitness (Age 7-12) 3:00-3:45pm- Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Heated Yoga</p>
<p>3</p> <p>10:00-11:00am Pure Core Group Fitness</p> <p>6:30-7:30pm- Candle Yoga</p>	<p>4</p> <p>9:30-10:30am- Morning Yoga Flow 11:00am-12:00pm- Upbeat Vinyasa</p>	<p>5</p> <p>NEW CLASS COMING</p> <p>9:00-10:00am- Mindful Vinyasa 12:15-1:00pm- Senior stretches 6:30-7:30pm- Candle Yoga</p>	<p>6</p> <p>NEW CLASS COMING</p> <p>12:00-1:00pm- Relax N Restore 4:00- 4:45pm- Mindful Yoga for Kids 5:00-6:00pm- Candle Yoga</p>	<p>7</p> <p>10:00-11:00am- Heated Yoga Flow 2:00-3:00pm- Yoga for Abs 7:30-8:30pm- Candle Yoga</p>	<p>8</p> <p>4:00- 4:45pm- Mindful Yoga for Kids (Age 7-12) 5:15-6:15pm- Gentle Flow Yoga 7:30-8:30pm- Serenity Vibrations</p>	<p>9</p> <p>10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm- Pure Core Group Fitness (Age 7-12) 3:00-3:45pm- Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Heated Yoga</p>
<p>10</p> <p>10:00-11:00am Pure Core Group Fitness</p> <p>6:30-7:30pm- Candle Yoga</p>	<p>11</p> <p>9:30-10:30am- Morning Yoga Flow 11:00am-12:00pm- Upbeat Vinyasa</p>	<p>12</p> <p>6:45-7:45am- Hatha Yoga Flow 9:00-10:00am- Mindful Vinyasa 12:15-1:00pm- Senior stretches 6:30-7:30pm- Candle Yoga</p>	<p>13</p> <p>6:00-6:50am- Sunrise Flow 12:00-1:00pm- Relax N Restore 4:00- 4:45pm- Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Candle Yoga</p>	<p>14</p> <p>10:00-11:00am- Heated Yoga Flow 2:00-3:00pm- Yoga for Abs 7:30-8:30pm- Candle Yoga</p>	<p>15</p> <p>4:00- 4:45pm- Mindful Yoga for Kids (Age 7-12) 5:15-6:15pm- Gentle Flow Yoga 7:30-8:30pm- Serenity Vibrations</p>	<p>16</p> <p>10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm- Pure Core Group Fitness (Age 7-12) 3:00-3:45pm- Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Heated Yoga</p>
<p>17</p> <p>10:00-11:00am Pure Core Group Fitness</p> <p>6:30-7:30pm- Candle Yoga</p>	<p>18</p> <p>9:30-10:30am- Morning Yoga Flow 11:00am-12:00pm- Upbeat Vinyasa</p>	<p>19</p> <p>6:45-7:45am- Hatha Yoga Flow 9:00-10:00am- Mindful Vinyasa 12:15-1:00pm- Senior stretches 6:30-7:30pm- Candle Yoga</p>	<p>20</p> <p>6:00-6:50am- Sunrise Flow 12:00-1:00pm- Relax N Restore 4:00- 4:45pm- Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Candle Yoga</p>	<p>21</p> <p>10:00-11:00am- Heated Yoga Flow 2:00-3:00pm- Yoga for Abs 7:30-8:30pm- Candle Yoga</p>	<p>22</p> <p>4:00- 4:45pm- Mindful Yoga for Kids (Age 7-12) 5:15-6:15pm- Gentle Flow Yoga 7:30-9:00pm- Serenity Chillations Workshop</p>	<p>23</p> <p>10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm- Pure Core Group Fitness (Age 7-12) 3:00-3:45pm- Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Heated Yoga</p>
<p>24</p> <p>10:00-11:00am Pure Core Group Fitness</p> <p>1:30-2:30pm- Essential Oil 101</p> <p>6:30-7:30pm- Candle Yoga</p>	<p>25</p> <p>9:30-10:30am- Morning Yoga Flow 11:00am-12:00pm- Upbeat Vinyasa</p>	<p>26</p> <p>6:45-7:45am- Hatha Yoga Flow 9:00-10:00am- Mindful Vinyasa 12:15-1:00pm- Senior stretches 6:30-7:30pm- Candle Yoga</p>	<p>27</p> <p>6:00-6:50am- Sunrise Flow 12:00-1:00pm- Relax N Restore 4:00- 4:45pm- Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Candle Yoga</p>	<p>28</p> <p>10:00-11:00am- Heated Yoga Flow 2:00-3:00pm- Yoga for Abs 7:30-8:30pm- Candle Yoga</p>	<p>Attend any 5 classes in February and get your 6th class FREE!</p>	