

BODYstudio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

DanceBlast
Janeal & Victoria
7:45-8:45

Nia
Kelle♥♥
7:45-8:45

Nia
Kelle♥♥
7:45-8:45

Nia
Kelle♥♥
7:45-8:45

DanceBlast
Janeal & Victoria
7:45-8:45

Zumba®
Janeal & Victoria
7:45-8:45

Nia
Awake
Kelle♥♥
9:00-10:00

Hatha
Yoga
Tim Butler
9:00-10:30

Nia
Awake
Kelle♥♥
9:00-10:00

Hatha
Yoga
Tim Butler
9:00-10:30

Nia
Awake
Kelle♥♥
9:00-10:00

Nia
Awake
Kelle♥♥
9:00-10:00

Vinyasa
Yoga
Swaran
9:00-10:30

Hatha Yoga
Yoga Ma
Barbara
10:15-11:45

Nia
for Lunch
Kelle♥♥
10:45-11:45

Int/Adv
Yoga
Sean
10:15-11:45

Nia
for Lunch
Danielle
10:45-11:45

Hatha Yoga
Yoga Ma
Barbara
10:15-11:45

Vinyasa
Yoga
Sean
10:15-11:45

Nia
for Lunch
Danielle
10:45-11:45

Nia
for Lunch
Danielle
Noon-1:00

Vinyasa Yoga
with Music
Emily
Noon-1:00

Nia
for Lunch
Danielle
Noon-1:00

Vinyasa Yoga
with Music
Emily
Noon-1:00

Vinyasa
Yoga
Swaran
Noon-1:00

Restorative
Yoga ♥
Laurence
Noon-1:30

Zen
Meditation
Kando
12:30 - 1:30

Restorative
Yoga ♥
Laurence
1:15-2:45

Dance
Conditioning
Plus!
Kate Eberle
1:15-2:15

Restorative
Yoga ♥
Laurence
1:15-2:45

Dance
Conditioning
Plus!
Kate Eberle
1:15-2:15

Restorative
Yoga ♥
Laurence
1:15-2:45

Kundalini
Yoga
Swaran
2:30-3:45

Beginners
Yoga
Laurence ♥
4:15-5:15

Childrens Yoga
ages 4-9
Nodia
4:15-5:15

Beginners
Yoga
Laurence ♥
4:15-5:15

Nia Evening
Groove
Hillary
4:30-5:30

Ashtanga
Yoga
Swaran
5:30-7:00

Vinyasa
Yoga
David
5:30-7:00

Ashtanga
Yoga
Swaran
5:30-7:00

Vinyasa
Yoga
David
5:30-7:00

Music
& Vinyasa
Emily
5:45-7:00

Vinyasa Yoga
with Music
Emily
7:15-8:15

Nia Evening
Groove
Hillary
7:15-8:15

Vinyasa Yoga
with Music
Emily
7:15-8:15

Oneness
Blessing™
Deeksha ▲
Margo Baldwin
7:30-9:30

PRICING

- All Yoga classes . \$13
- Dance Conditioning . \$13
- All Nia classes . \$11
- Ten all class pass . \$110
expires after 6 months
- Ten Nia class pass . \$90
expires after 6 months
- Four weeks unlimited . \$120
- Six months unlimited . \$600
- Annual unlimited pass . \$995
- One kids class . \$8
- Kids ten class pass . \$70
- Shower, locker, robe . \$4
- Ten shower only pass . \$30
- Childcare . \$3.50/30 min
See childcare handout for times

▲ Special weekly event \$20

♥ Perfect for Yoga beginners, all Nia classes are appropriate for both beginners & more advanced movers