

ZOOM CLASS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30 am - 10:30 am	Slow Flow	Denise
	7:00 pm - 8:00 pm	Ashtanga Remix	Denise
Tuesday	9:30 am - 10:30 am	Slow Flow	Denise
	5:45 pm - 6:45 pm	Slow Flow	Denise
Wednesday	9:30 am - 10:30 am	Slow Flow	Denise
	7:00 pm - 8:00 pm	Ashtanga Remix	Denise
Thursday	9:30 am - 10:30 am	Slow Flow	Denise
	5:30 pm - 6:30 pm	Slow Flow	Denise
Friday	9:30 am - 10:30 am	Slow Flow	Denise
	5:30 pm - 6:30 pm	Slow Flow	Denise
Saturday	9:30 am - 10:30 am	Slow Flow	Denise