

Effective June 2016

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
8:15 AM Yoga Flow Levels 1&2	8:30 AM Yoga TRX Flow (45 min)	8:15 AM Yoga Flow Levels 1&2	8:30 AM Yoga TRX Flow (45 min)	8:15 AM Yoga Flow Levels 1&2	8:00 AM Yoga Basics All Levels
9:30 AM Barre Treat™	9:30 AM Barre Fit™ Child Care	9:30 AM Barre Treat™ Child Care	9:30 AM Barre Fit™ Child Care	9:30 AM Barre & TRX	9:15 AM Barre Treat™
12:00 PM Yoga TRX (45 minutes)	12:00 PM Gentle Hatha Yoga (45 minutes)	12:00 PM Gentle Hatha Yoga (45 minutes)	12:00 PM Yoga TRX (45 minutes)	12:00 PM Gentle Hatha Yoga (45 minutes)	10:30 AM Gentle Hatha Yoga (75 minutes)
5:30 PM Barre Express (45 minutes)	5:30 PM Barre Express (45 minutes)	5:30 PM Yoga TRX (45 minutes)	5:30 PM Barre Express (45 minutes)		Workshops held on weekend can be found online
Open for Private Sessions.	6:30 PM Yoga TRX (45 minutes)	6:30 PM Barre Fit™	Open for Private Sessions.		
7:45 PM Evening Flow Levels 1&2	7:45 PM Restorative Yoga (75 min)	7:45 PM Power Yoga	7:45 PM Gentle Hatha Yoga		

Sign Ups are required for all class 2 hours prior class

Teens 13 and up can attend all classes

Workshops and Events can be found at www.yoga-treat.com