

Sweet Serenity

APRIL 2021

YOGA AND
WELLNESS



SUN	MON	TUES	WED	THURS	FRI	SAT
9:00 - 10:00 am Hatha Yoga <i>Kerri</i>	9:15 - 10:15 am Flow Yoga <i>Ashly</i>	9:15 - 10:15 am Barre/Yoga Fusion <i>Janine</i>	9:15 - 10:15 am Gentle Hatha Yoga <i>Maria</i>	9:15 - 10:15 am Slow Flow Yoga <i>Jessie</i>	9:15 - 10:15 am Barre/Yoga Fusion <i>Chelsea</i>	9:00 - 10:00 am Flow Yoga <i>Kristina</i>
10:30 - 11:30 am Release & Restore <i>Kerri</i>						10:30 - 11:30 am Barre <i>Janine</i>
	5:00 - 5:45 pm Yogalates <i>Burling</i>	5:00 - 5:45 pm Rev+Flow <i>Shilo</i>	5:15 - 6:00 pm Barre Express <i>Kristina</i>	5:00 - 6:00 pm Flow Yoga <i>Louren</i>	5:00 - 6:00 pm Gentle Hatha Yoga <i>Niki</i>	
	6:15 - 7:15 pm Gentle Hatha & Stretch <i>Jade</i>	6:15 - 7:15 pm Flow Yoga <i>Kerri</i>	6:30 - 7:30 pm Hatha Yoga <i>Kristina</i>	6:30 - 7:15 pm Fusion Yoga <i>Louren</i>	6:30 - 7:30 pm Barre <i>Shilo</i>	
		7:45 - 8:45 pm Gentle Hatha Yoga <i>Kerri</i>	8:00 - 9:00 pm Restorative Yoga <i>Boroly</i>	7:45 - 8:45 pm Yin Yoga - Stretch <i>Louren</i>		

JOIN US ON ZOOM!

ALL CLASSES WILL BE HELD VIRTUAL ONLY
(No in-studio options due to Public Health Order)

