

OUR SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 AM–10:15 AM Vinyasa Yoga Level 1	9:00–10:00 AM Pilates	9:00 AM–10:00 AM Vinyasa Yoga Level 1	9:00–10:00 AM Pilates	9:00 AM–10:15 AM Vinyasa Yoga Level 1	
		10:30–11:30 AM Senior Pilates		10:30–11:30 AM Senior Pilates		10:30–11:30 AM Kids BJJ
	11:00–12:00 PM Mommy & Me Pilates				11:00–12:00 PM Toddler Yoga	
						12:00 PM–2:00 PM Adult BJJ Open Mat
		4:00 PM–5:00 PM Kids BJJ (Ages 4-7)		4:00 PM–5:00 PM Kids BJJ (Ages 4-7)		
		5:00 PM–6:00 PM Kids BJJ (Ages 8-12)		5:00 PM–6:00 PM Kids BJJ (Ages 8-12)		
	6:00 PM–7:00 PM Strength & Conditioning	6:30 PM–7:30 PM Strength & Conditioning	6:00 PM–7:00 PM Strength & Conditioning	6:30 PM–7:30 PM Strength & Conditioning		
	7:30–8:30 PM Adult BJJ	7:30 PM–9:00 PM Adult No Gi BJJ	7:30–8:30 PM Adult BJJ	7:30 PM–9:00 PM Adult No Gi BJJ		
					7:00 PM–8:30 PM Strength & Conditioning	