

Trax Yoga February - May 2018 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30 – 10:30am Yoga Flow Emily	9:30 – 10:30am \$7 Hot Yoga Mike	9:30 – 10:30am Primary Flow Margot	9:30 – 10:30am Power Flow Amy	10:30 – 11:30am Warm Primary Flow Megan G.	9:30 – 10:30am \$7 Sunday Salutations Dee
12:00 – 1:00pm Pilates Mat Sue			12:00 – 1:00pm Pilates Mat Sue			12:00 – 1:00pm Primary Flow April
4:30 – 5:30pm Power Flow Amy	4:30 – 5:30pm Yoga Flow Emily	4:30 – 5:30pm Primary Flow Phoebe	4:30 – 5:30pm Primary Flow Dee			
5:45 – 6:45pm Yoga Flow Kathleen	5:45 – 6:45pm Primary Flow Dee	5:45 – 6:45pm Core and Restore Denise	5:45 – 6:45pm Yoga Flow Victoria			
	7:15 – 8:15pm Candlelight Flow Kristin	7:15 – 8:15pm Relaxation Yoga Kim	7:15 – 8:15pm Gentle Restorative Yoga Kristin			