

| M | T | W | Th | F | Sa | Su |
|---|--|---|---|--|---|---|
| 7.30 - 8.30am Vinyasa Yoga Kristin C | 7.30 - 8.30am Vinyasa Yoga Dee H | 7.30 - 8.30am Vinyasa Yoga Iris P | 7.30 - 8.30am Vinyasa Yoga Helene K | 7.30 - 8.30am Vinyasa Yoga Mallory S | ■ = New Class F = Foundation Level *\$5-10 Community Class | |
| | 8 - 9am Aerial Fit to Fly Liz M | | | | 10.30 - 11.45am Vinyasa Yoga Melanie B | 10.30 - 11.45am Forrest Yoga Shayna S |
| 12.15 - 1.30pm Aerial Yoga 1 Kristin C | 12.15 - 1.30pm Aerial Yoga Core Monica P | 12.15 - 1.30pm Aerial Yoga 1 Janie P | 12.15 - 1.15pm Aerial Fit to Fly Monica P | 12.15 - 1.30pm Aerial Dance Kristin C | 12 - 1.15pm Vinyasa Yoga Jonathan ZS | 12 - 1.30pm Vinyasa Yoga Kevin B |
| 12.30 - 1.30pm Vinyasa Yoga Derek C | 12.30 - 1.30pm Vinyasa Yoga Jessica C | 12.30 - 1.30pm Vinyasa Yoga Amanda McD | 12.30 - 1.30pm Vinyasa Yoga Dee H | 12.30 - 1.30pm Vinyasa Yoga Kevin B | 12.15 - 1.30pm Hammock Play-ground 1 Grace L | 12.15 - 1.30pm Aerial Yoga 1 Iris P |
| 1 - 2pm Yoga Tune Up® Kirsten T | 1 - 2pm Vinyasa Yoga F Helene K | 1 - 2pm Vinyasa Yoga Derek C | 1 - 2pm Vinyasa Yoga F Helene K | 1 - 2pm Inversion Hour Bassam K | | |
| 2 - 3.15pm Flexibility Kira F | | 2.30 - 3.30pm Aerial Yoga 2 Community* | 2 - 3pm Flow & Meditate Community* Monica P | 2.30 - 3.30pm Aerial Yoga 1 Community* | | 2 - 3.15pm Aerial Yoga Core Laura T |
| 4 - 5pm Vinyasa Yoga Community* | 3.30 - 4.45pm Aerial Ballet Kyla EA | 4 - 5pm Vinyasa Yoga Community* | 3.30 - 4.45pm Aerial Dance 1 Brenna B | 4 - 5pm Vinyasa Yoga Community* | | |
| | 3.45 - 4.45pm Kids Hammock Playground Liz M | | | | | |
| 5.15 - 6.15pm Vinyasa Yoga F Kirsten T | 5.15 - 6.15pm Vinyasa Yoga F Cassandra J | 5.15 - 6.15pm Vinyasa Yoga F Janie P | 5.15 - 6.15pm Vinyasa Yoga F Kirsten T | | | |
| 5.45 - 7pm Aerial Yoga Core Amanda McD | 5.45 - 7pm Hammock Play-ground 2 & Up Liz M | 5.45 - 7pm Aerial Mellow Flow Kevin B | 5.45 - 7pm AeriaYoga 2 Maisah H | 5.45 - 7pm Aerial Yoga 1 Janie P | | 5.30 - 6.30pm Vinyasa Yoga Community* |
| 5.45 - 6.45pm Vinyasa Yoga Iris P | 5.45 - 6.45pm Forrest Inspired Vinyasa Maria B | 5.45 - 6.45pm Vinyasa Yoga Amanda W | 5.45 - 6.45pm Vinyasa Yoga Kevin B | 5.45 - 6.45pm Vinyasa Yoga Jessica C | 6 - 7.15pm Aerial Yoga 1 Helene K | 5.45 - 6.45pm Aerial Yoga 1 Community* |
| 6.30 - 7.45pm Vinyasa Yoga Amanda W | 6.30 - 7.45pm Vinyasa Yoga Dee H | 6.30 - 8pm Forrest Yoga Lola R | 6.30 - 7.45pm Yoga Tune Up® Kirsten T | | 6.30 - 7.30pm Vinyasa Yoga Community* | |
| 7.15 - 8.30pm Aerial Yoga 1 Janie P | 7.15 - 8.30pm Aerial Yoga 1 Cassandra J | 7.15 - 8.30pm Aerial Yoga 1 Maggie H | 7.15 - 8.30pm Aerial Yoga 1 Kevin B | 7.15 - 8.30pm Hammock Play-ground 1 Janie P | | |
| 7.15 - 8.15pm Vinyasa Yoga F Matthew K | 7.30 - 9pm AcroYoga 1 Maisah H | 7.15 - 8.15pm Vinyasa Yoga Kevin B | 7.15 - 8.15pm Vinyasa Yoga Jonathan ZS | 7.30 - 9.15pm AcroYoga Flow 1-3 Mary A | | |
| 8.15- 9.30pm Aerial Yoga 2 Kristin C | 8.15- 9.15pm Aerial Mellow Flow Community* | 8.15 - 9.15pm Vinyasa Yoga Community* | 8 - 9 pm Restorative Yoga Helene K | | | |
| 8.30- 9.30pm Vinyasa Yoga Community* | | | 8.30 - 9.30 pm Vinyasa Yoga Community* | | | |



APRIL @
FASHION DISTRICT



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All classes are Open Level unless otherwise noted.