

JULY  
2024

# WEEKLY Schedule



## MONDAY

- 9AM PRANA FLOW W/ DIANA
- 10:15AM INNER CALM W/ DIANA
- 11:30AM CORE W/ RACHEL
- 4:30PM INNER CALM W/ LAUREN
- 5:45PM THE ESSENTIALS W/ MARILEE (N)
- 7PM SCULPT W/ SUSAN (N)

## TUESDAY

- 6AM CIRCUIT TRAINING W/ KOLEEN PT (N)
- 9AM PRANA FLOW W/ RYN
- 10:15AM ALIGN W/ LAUREN
- 11:30AM BREATH + MEDITATION W/ RYN
- 5:30PM SLOW + REVERBED W/ LAUREN
- 6:45PM RESTORE W/ LAUREN

## WEDNESDAY

- 9AM CORE W/ RACHEL
- 10:15AM SLOW + REVERBED W/RACHEL
- 5:30PM PRANA FLOW W/ JACKY
- 6:45PM INNER CALM W/ JACKY

## THURSDAY

- 6AM CIRCUIT TRAINING W/ KOLEEN PT (N)
- 9AM SLOW + REVERBED W/ DIANA
- 10:15AM INNER CALM W/ RYN
- 5:30PM KIDS YOGA W/ FELICIA (N)
- 4:15PM SLOW + REVERBED W/ LISA
- 5:30PM PRANA FLOW W/ LISA

## FRIDAY

- 6:30AM RISE + ALIGN W/ MARILEE
- 9:30AM CORE W/ RACHEL
- 10:45 RESTORE W/LAUREN

## SATURDAY

- 9AM PRANA FLOW W/ JACKY
- 10:15AM INNER CALM YIN W/JACKY
- 11:30AM THE ESSENTIALS W/ MARILEE

## SUNDAY

- 9AM PRANA FLOW W/ LISA + NINA
- 10:15AM INNER CALM W/ LISA + NINA
- 6PM RESTORE W/MALLORY

### MONTHLY SUNDAY SPECIALS:

- "STRETCHING FOR PREGNANCY + BIRTH" 2ND SUNDAY W/ KOLEEN
- "SUNDAY SERVICE" LAST SUNDAY MONTH 12PM W/ TAMRA

**TRY YOUR 1ST CLASS FOR \$5**

**ALL CLASSES HELD AT:**

**1178 S. LAPEER RD LAPEER MI**

**(810)412-8564**

**(N)= IN-STUDIO ONLY**

**SCHEDULE SUBJECT TO CHANGE.**