

class schedule



3LD

YOGA + STRENGTH

monday

6:30-7:30pm, power + let go w/Mariah

tuesday

9-10am, intro to yoga w/Kim

6-7pm, barre w/Tozi

wednesday

4-4:45pm, teen yoga w/Nicole

6:30-7:45pm, run. yoga. breathe. w/Kim

thursday

9-10am, barre w/Tozi

6:30-7:30pm, Slow Burn with Kelli

friday

9-10a, mini + me (yoga and art) w/Angie

saturday

9-10am, rise + align w/Mariah

sunday

8:15-9pm, candlelit restorative yoga w/Kim