

Give Thanks

Next Level Holiday Class Schedule

\$5 Classes Weds-Sun!

WEDNESDAY 11/21

6:30-7:30am	Hot Power Yoga	Suzanne
12:00-12:50pm	Slow Burn Vinyasa	Jenny
2:00-2:30pm	Deep Pause	Heather
5:00-6:00pm	Cycle Flow	Katie K.

THURSDAY 11/22

8:30-9:30am	Hot Power Yoga	Suzanne
10:00-10:45am	Cycle Hip Hop	Tangela

FRIDAY 11/23

8:00-9:00am	Ojas Yoga	Aniruddah
10:00-11:00am	Urban Beats Cycle	Richard
12:00-1:00pm	HIIT	Tangela

Regular schedule all other days