



Monday

12:05pm-12:55pm Yoga Sculpt, Suzanne

4:00pm-5:00pm Vinyasa Flow, Suzanne

Tuesday

12:05pm-12:55pm Vinyasa Flow, Suzanne

4:00pm-5:00pm Mat Pilates, Denise

Wednesday

11:00am-11:45am Mindfulness Stretch, Reset & Renew, Suzanne

12:05pm-12:55pm Mindfulness Flow, Suzanne

6:30pm-7:30pm Gentle Stretch & Restore, Suzanne

Thursday

12:05pm-12:55pm Vinyasa Flow, Suzanne

4:00pm-5:00pm Mat Pilates, Denise

Friday

8:30am-9:30am Mat Pilates, Emilie

12:30pm-1:30pm Wellness Flow, Suzanne

Prices:

Drop In \$12.00

Students & Seniors \$10.00

5 Punch-card \$45.00

10 Punch-card \$90.00

Membership \$48.00

Suzanne Morgan

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