

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Essentials		Open			
	6:00am-7:30am		6:00am-7:30am			
	GEMMA		KAREN			
Open	Open	Progressive	Essentials	Open	Progressive	Open
6:30am-8:00am	6:30am-8:00am	6:30am-8:00am	6:30am-8:00am	6:30am-8:00am	8:30am-10:00am	8:30am-10:00am
MUZ	ANDREW	BETH	INGRID	MUZ	NICOLE	MICHAEL
Open H		Open H		Essentials H	Pre-Natal H	
7:00am-8:00am		7:00am-8:00am		7:00am-8:00am	9:00am-10:00am	
BETH		LULU		INGRID	BELINDA	
Essentials	Open	Essentials	Open	Open	Essentials	Essentials
9:45am-11:15am	9:45am-11:15am	9:45am-11:15am	9:45am-11:15am	9:45am-11:15am	10:15am-11:45am	10:15am-11:45am
MUZ	MEL	ANDREW	LULU	INGRID	INGRID	KAREN
Pre-Natal H		Pre-Natal H			Meditation	Meditation
10:00am-11:00am		10:00am-11:00am			10:15am-11:00am	10:15am-11:00am
RACHAEL		BELINDA			NICOLE	MICHAEL
Open H	Open H	Open H	Open H	Open H	Open H	Open H
12:15pm	12:15pm	12:15pm	12:15pm	12:15pm	12:15pm	12:15pm
MUZ	MEL	ANDREW	LULU	INGRID	TOMMY	ROXY
Essentials	Open	Open	Open	Essentials	Open	Open
4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm	4:00pm-5:30pm
ROXY	MUZ	ANDREW	HEATHER	BETH	HOLLY	HOLLY
Open H	Community	Open H	Yin H	Community	Yin H	Open H
5:15pm-6:15pm	5:15pm-6:15pm	5:15pm-6:15pm	5:15pm-6:15pm	5:15pm-6:15pm	5:15pm-6:15pm	5:15pm-6:15pm
MEL	TBA	HEATHER	BETH	TBA	SATYA	SATYA
Open	Essentials	Open	Open	Progressive		Yin H
5:45pm-7:15pm	5:45pm-7:15pm	5:45pm-7:15pm	5:45pm-7:15pm	5:45pm-7:15pm		5:45pm-6:45pm
NICOLE	MUZ	MEL	ANDREW	PERSIA		MICHAEL
			Pre-Natal H			
			6:00pm-7:00pm			
			BELINDA			
Essentials	Open	Essentials	Progressive			
6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30-8:00pm			
MEL	NICOLE	HEATHER	NICOLE			
Meditation	Meditation	Meditation	Meditation	Meditation		
7:30pm-8:15pm	7:30pm-8:15pm	7:30pm-8:15pm	7:30pm-8:15pm	7:30pm-8:15pm		
GARETH	GARETH	INGRID	MICHAEL	GARETH		
Yin H	Open	Yin H	Essentials	Yin H		
7:30-8:30pm	7:30pm-9:00pm	7:30pm-8:30pm	7:30pm-9:00pm	7:30pm-8:30pm		
MICHAEL	INGRID	MEL	ANDREW	PERSIA		