



## Schedule of Classes

| Monday     |                                     |           |                        |
|------------|-------------------------------------|-----------|------------------------|
| 7:00 a.m.  | All Levels (Virtual)                | 5:30 p.m. | All Levels (In-studio) |
| 9:30 a.m.  | All Levels (In-studio)              | 7:15 p.m. | All Levels (In-studio) |
| 11:30 a.m. | All Levels (In-studio)              |           |                        |
| Tuesday    |                                     |           |                        |
| 6:00 a.m.  | Intermediate (In-studio & Virtual)) | 5:30 p.m. | All Levels (In-studio) |
| 9:30 a.m.  | All Levels (In-studio)              | 7:15 p.m. | All Levels (In-studio) |
| 11:30 a.m. | All Levels (In-studio)              |           |                        |
| Wednesday  |                                     |           |                        |
| 7:00 a.m.  | All Levels (Virtual)                | 5:30 p.m. | All Levels (In-studio) |
| 9:30 a.m.  | All Levels (In-studio)              | 7:15 p.m. | All Levels (In-studio) |
| 11:30 a.m. | All Levels (In-studio)              |           |                        |
| Thursday   |                                     |           |                        |
| 6:00 a.m.  | Intermediate (In-studio & Virtual)  | 5:30 p.m. | All Levels (In-studio) |
| 9:30 a.m.  | All Levels (In-studio)              | 7:15 p.m. | All Levels (In-studio) |
| 11:30 a.m. | All Levels (In-studio)              |           |                        |
| Friday     |                                     |           |                        |
| 7:00 a.m.  | All Levels (Virtual)                | 5:30 p.m. | All Levels (In-studio) |
| 9:30 a.m.  | All Levels (In-studio)              |           |                        |
| 11:30 a.m. | All Levels (In-studio)              |           |                        |
| Saturday   |                                     |           |                        |
| 8:00 a.m.  | All Levels (In-studio & Virtual)    |           |                        |
| 10:00 a.m. | All Levels (In-studio)              |           |                        |
| 12:00 p.m. | Beginner/Basic (In-studio)          |           |                        |
| Sunday     |                                     |           |                        |
| 8:00 a.m.  | All Levels (In-studio & Virtual)    |           |                        |
| 10:00 a.m. | All Levels (In-studio)              |           |                        |
| 12:00 p.m. | Beginner/Basic (In-studio)          |           |                        |

All classes are 1 hour long.

COVID-19 Protocols: Face masks are required at all times in the facility. Social Distancing is also required (at least 6 ft). Bring your own mat.

Please pre-register/book online or on your mobile device. Class sizes are limited.

Effective Date: 10/1/20