

Fall Weekend Rotations

Date	Day	Class	Time	Instructor
9/17/2022	Saturday	Rise & Grind	8:00am	Sarah F.
9/17/2022	Saturday	Hatha Flow Yoga	9am	Tonja
9/24/2022	Saturday	Rise & Grind	8:00am	Kristi T./Ally - Mash Up - Rise & Grind Cancelled
9/24/2022	Saturday	Hatha Flow Yoga	9am	Class Canceled
10/1/2022	Saturday	Rise & Grind	8:00am	Sarah F.
10/1/2022	Saturday	Hatha Flow Yoga	9am	Tonja
10/8/2022	Saturday	Rise & Grind	8:00am	Ally
10/8/2022	Saturday	Hatha Flow Yoga	9am	Teresa
10/15/2022	Saturday	Rise & Grind	8:00am	Sarah F.
10/15/2022	Saturday	Hatha Flow Yoga	9am	Teresa
10/22/2022	Saturday	Rise & Grind	8:00am	
10/22/2022	Saturday	Hatha Flow Yoga	9am	Angela
10/29/2022	Saturday	Gridiron Rip & Row M	8am	Kristi T. & Ally - Mash Up - Rise & Grind Cancelled
10/29/2022	Saturday	Hatha Flow Yoga	9am	Angela