

Hatha Flow Yoga - Tuesdays

Date	Day	Class	Time	Instructor
10/14/2025	Tuesday	Hatha Flow Yoga	5pm	Teresa
10/21/2025	Tuesday	Hatha Flow Yoga	5pm	Kathy S.
10/28/2025	Tuesday	Hatha Flow Yoga	5pm	Mona
11/4/2025	Tuesday	Hatha Flow Yoga	5pm	Kathy S.
11/11/2025	Tuesday	Hatha Flow Yoga	5pm	Kristi T. - Pilates
11/18/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
11/25/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
12/2/2025	Tuesday	Hatha Flow Yoga	5pm	Kathy S.
12/9/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
12/16/2025	Tuesday	Hatha Flow Yoga	5pm	Jill
12/23/2025	Tuesday	Hatha Flow Yoga	5pm	Courtney
12/30/2025	Tuesday	Hatha Flow Yoga	5pm	Kathy S.

Rise & Grind - Saturdays

Date	Day	Class	Time	Instructor
10/18/2025	Saturday	Rise & Grind	8am	Cancelled
10/25/2025	Saturday	Rise & Grind	8am	Alissa
11/1/2025	Saturday	Rise & Grind	8am	Kristi T./Allyson - Monster Mash Up
11/8/2025	Saturday	Rise & Grind	8am	GEX Instructor Jam
11/15/2025	Saturday	Rise & Grind	8am	Jackie
11/22/2025	Saturday	Rise & Grind	8am	Kristi T.
11/29/2025	Saturday	Rise & Grind	8am	Sarah
12/6/2025	Saturday	Rise & Grind	8am	Kristi S.
12/13/2025	Saturday	Rise & Grind	8am	Kristi T.
12/20/2025	Saturday	Rise & Grind	8am	Jackie
12/27/2025	Saturday	Rise & Grind	8am	Sarah

Hatha Flow Yoga - Sundays

Date	Day	Class	Time	Instructor
10/19/2025	Sunday	Hatha Flow Yoga	10am	Courtney
10/26/2025	Sunday	Hatha Flow Yoga	10am	Angela
11/2/2025	Sunday	Hatha Flow Yoga	10am	Angela
11/9/2025	Sunday	Hatha Flow Yoga	10am	Courtney
11/16/2025	Sunday	Hatha Flow Yoga	10am	Courtney
11/23/2025	Sunday	Hatha Flow Yoga	10am	Courtney
11/30/2025	Sunday	Hatha Flow Yoga	10am	Courtney
12/7/2025	Sunday	Hatha Flow Yoga	10am	Angela
12/14/2025	Sunday	Hatha Flow Yoga	10am	Kathy S.
12/21/2025	Sunday	Hatha Flow Yoga	10am	Courtney
12/28/2025	Sunday	Hatha Flow Yoga	10am	Courtney