

# March 2024 Class Schedule

For the safety and security of our clients and staff, the exterior doors are locked once classes commence.

## URBAN BODY YOGA



SUNDAY

*Reserved for Special Events and Workshops*

MONDAY

8:30a-9:15a	<input type="checkbox"/>	Urban Barre*	Carrie	Non-Heated
9:30a-10:30a	<input type="checkbox"/>	Stretch + Core	Carrie	Heated
5:30p-6:15p	<input type="checkbox"/>	Urban Sculpt*	Carrie	Heated
6:30p-7:30p	<input type="checkbox"/>	Slow Flow Yoga	Carrie	Heated

TUESDAY

9:00a-10:00a	<input type="checkbox"/>	Puppy Slow Flow Yoga	Carrie	Heated
5:30p-6:15p	<input type="checkbox"/>	Urban Sculpt*	Shelby	Heated
6:30p-7:30p	<input type="checkbox"/>	Flow Yoga	Shelby	Heated

WEDNESDAY

9:30a-10:30a	<input type="checkbox"/>	Flow Yoga	Carrie	Heated
6:00p-7:00p	<input type="checkbox"/>	Stretch + Core	Shelby	Heated

THURSDAY

9:30a-10:30a	<input type="checkbox"/>	Urban Sculpt + Stretch*	Carrie	Heated
5:30p-6:15p	<input type="checkbox"/>	Urban Barre*	Carrie	Non-Heated
6:30p-7:30p	<input type="checkbox"/>	Flow Yoga	Carrie	Heated

FRIDAY

8:30a-9:15a	<input type="checkbox"/>	Urban Barre*	Carrie	Non-Heated
9:30a-10:30a	<input type="checkbox"/>	Urban Melt**	Carrie	Heated
6:00p-7:00p	<input type="checkbox"/>	Puppy Urban Melt**	Carrie	Heated

SATURDAY

9:30a-10:30a	<input type="checkbox"/>	Flow Yoga*	Carrie	Heated
10:45a-11:45a	<input type="checkbox"/>	Slow Flow Yoga	Carrie	Heated

\* Music may contain explicit language | \*\* Bring (2) blocks & a Bolster to class

**Due to time constraints, Carrie's puppy will be in class.**

To secure your spot, please sign up online through our website or the MINDBODY app.