



	monday	tuesday	wednesday	thursday	friday	saturday	sunday
EARLY		6:00 TO 7:00AM OPEN FLOW Maggie T	6:00 TO 7:00AM YOLIFT Gary	6:00 TO 7:00AM OPEN FLOW Kristen M	6:00 TO 7:00AM BARRE Kristen M		
	8:30 TO 9:30AM OPEN FLOW Kristen M	8:30 TO 9:30AM OPEN FLOW Gail C	8:30 TO 9:30AM BARRE Kate L	8:30 TO 9:30AM OPEN FLOW Megan Z	8:30 TO 9:30AM OPEN FLOW Nicole M	8:00 TO 9:00AM OPEN FLOW Kristen M	8:00 TO 9:00AM BARRE Jeannine S
	9:30 TO 10:30AM BARRE Kristen M	9:30 TO 10:30AM BARRE Kate L	9:45 TO 10:45AM OPEN FLOW Edel K	9:30 TO 10:30AM BARRE Sherri N	9:45 TO 10:45AM OPEN FLOW Maggie T	9:15 TO 10:15AM BARRE Kate L	9:15 TO 10:15AM OPEN FLOW Holly A
	11:00AM TO 12:00PM GENTLE FLOW Nicole M	10:45AM TO 12:15PM KUNDALINI Edel K	11:00AM TO 12:00PM GENTLE FLOW Maggie T	12:00 TO 1:00PM PILATES Sherri N	11:00AM TO 12:00PM PILATES Sherri N	10:30 TO 11:30PM OPEN FLOW Gail C	10:30 TO 11:30AM GENTLE FLOW Michelle D
	12:30 TO 1:30PM OPEN FLOW Holly A		Check the Happenings page for our Class Series days and times		12:00 TO 1:00PM BARRE Sherri N		
EVENING	6:30 TO 7:30PM OPEN FLOW Maggie T	6:30 TO 7:30PM OPEN FLOW Brittany T	6:30 TO 7:30PM PILATES Meredith A	6:30 TO 7:30PM OPEN FLOW Cheryl S			4:00 TO 5:00PM RESTORATIVE Nicole M

 YOGA	 BARRE	 PILATES
---	--	--

Schedule subject to change. Please visit jarosastudio.com for updates.