

	monday	tuesday	wednesday	thursday	friday	saturday	sunday	
EARLY	Book your private	6:00 TO 7:00AM OPEN FLOW Maggie T	Book your private	6:00 TO 7:00AM OPEN FLOW Judy O	Book your private	Book your private	Book your private	
	8:45 TO 9:45AM OPEN FLOW Edel K	8:30 TO 9:30AM OPEN FLOW Gail C	8:45 TO 9:45AM OPEN FLOW Edel K	8:30 TO 9:30AM OPEN FLOW Holly A	8:30 TO 9:30AM OPEN FLOW Nicole M	8:00 TO 9:00AM OPEN FLOW Judy O	8:30 TO 9:30AM BARRE Kristen M	
	10:00 TO 10:55AM BARRE Kristen M	9:30 TO 10:30AM BARRE Sherri N	10:00 TO 10:55AM BARRE Janine T	9:30 TO 10:30AM BARRE-ADVANCED Sherri N	9:45 TO 10:45AM BARRE-BEGINNER Sherri N	9:15 TO 10:15AM BARRE Kate L	9:30 TO 10:45AM OPEN FLOW Holly A	
	11:15AM TO 12:15PM GENTLE FLOW Nicole M	10:30 TO 11:15AM PILATES Kristen M	11:15AM TO 12:15PM GENTLE FLOW Maggie T	10:30 TO 11:15AM BARRE EXPRESS Sherri N	11:00AM TO 12:00PM PILATES Sherri N	10:30 TO 11:30PM OPEN FLOW Gail C	11:00AM TO 12:00PM GENTLE FLOW Michelle D	
	Book your private	11:30AM TO 1:00PM KUNDALINI Edel K	Check the Happenings page for our Class Series days and times		11:30AM TO 12:30PM GENTLE FLOW Merri	12:15 TO 1:00PM GENTLE YOGA & MEDITATION Edel K	Book your private	Book your private
	Book your private	Book your private			Book your private	Book your private	Book your private	Book your private
EVENING	6:30 TO 7:30PM OPEN FLOW Maggie T	Book your private	Book your private	Book your private	Book your private	Book your private	4:00 TO 5:00PM RESTORATIVE	
	Book your private	Book your private	7:00 TO 8:15PM KUNDALINI Elizabeth K	7:30 TO 8:15PM FREE MEDITATION	Book your private	Book your private	Book your private	

YOGA

BARRE

PILATES

MEDITATION

Available for private

Schedule a Private Session today!
Please visit jarosastudio.com for the most up-to-date class schedule.