

Friday Night Pop Up Class Schedule:

On FRIDAY NIGHTS at 5:30pm our instructors are hosting “Pop Up” classes. Classes are styles that they teach often and have a free Friday night to dedicate to fitness, **OR classes are new formats they would like to try and see if there is interest for a regular class to put on the schedule in the future.**

ALL FITNESS LEVELS are welcome to “Pop In” and try out these classes!

3/3-VinYin ~ Dianna K. {MBS}

3/10-Yin Yoga ~ Suzanne {MBS}

3/17-Kundalini ~ Rhonda {MBS}

3/24- Yin Yoga ~ Suzanne {MBS}

3/24- HIIT ~ Sunshine {AS}

4/7- Kundalini ~ Rhonda {MBS}

4/14- Cycling and Core ~ Angela L. {CS}

4/21-Partner Yoga ~ Dianna K.

Schedule will be updated with more classes soon!

