

Class Schedule

May

Mon	8:30 – 9:45 am (All levels)	Power Flow, Amber
	10 – 11:15 am (All levels)	Power Flow, Rebecca
	5:30 – 6:45 pm (All levels)	Power Flow, Lauren
	7 – 8 pm (All levels)	Power Flow, Elyse
Tue	8:30 – 9:45 am (All levels)	Slow Flow, Gabby
	10 – 11:15 am (All levels)	Power Flow, Rebecca
	5:30 – 6:45 pm (All levels)	Power Flow, Lauren
	7 – 8 pm (All levels)	Power Flow, Elyse
Wed	8:30 – 9:45 am (All levels)	Power Flow, Amber
	10 – 11:15 am (All levels)	Power Flow, Rebecca
	5:30 – 6:45 pm (All levels)	Power Flow, Teresita
	7 – 8 pm (All levels)	Power Flow, Elyse
Thu	8:30 – 9:45 am (All levels)	Slow Flow, Gabby
	10 – 11:15 am (All levels)	Power Flow, Rebecca
	5:30 – 6:45 pm (All levels)	Power Flow, Gabby
	7 – 8 pm (All levels)	Power Flow, Elyse
Fri	8:30 – 9:45 am (All levels)	Power Flow, Amber
	10 – 11:15 am (All levels)	Power Flow, Rebecca
	5:30 – 6:45 pm (All levels)	Power Flow, Teresita
Sat	8:30 – 9:45 am (All levels)	Power Flow, Amber
	10 – 11:30 am (All levels)	Power Flow, Rebecca
	3:30 – 4:45 pm (All levels)	Slow Flow, Gabby
Sun	9 – 10:15 am (All levels)	Power Flow, Lauren
	12:30 – 1:45 pm (All levels)	Power Flow, Elyse
	5 – 6:15 pm (All levels)	Power Flow, Shelley

Memorial Day (Monday, May 28): 10 am class only