



Eastmont Group Class Schedule December 2018

Yoga Studio Schedule							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:30 AM	Warm Vinyasa Kristin/Jami	Hot Yoga Jami	Warm Vinyasa Jami	Hot Yoga Jami		7:30 AM	Hot Yoga Katie
9:30 AM		Gentle Movement Ada	Hot Yoga Cassy	Gentle Movement Ada	Yoga (non-heated) Cassy	9:00 AM	Hot Yoga Varies
9:45 AM	Hot Yoga Traci						
11:00 AM				Gentle Yoga (non-heated) Sarah/Kat			
4:30 PM		Warm Vinyasa Sarah/Cassy		Hot Yoga Traci			
5:30PM	Advanced Hot Yoga Traci		Hot Yoga Katie				
6:00 PM		Yoga (non-heated) Kat		Hot Yoga Traci			
6:45 PM	Hot Yoga Traci						