



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLIDAY SCHEDULE

TUESDAY, 12/31: (Building closes at 6:00 pm)

- STUDIO A:

All morning classes as scheduled

4:15 pm Barre w/ Nicole Evening Class ONLY!

- STUDIO B:

All morning classes as scheduled

4:30 pm Yoga Flow w/ Ana Evening Class ONLY!

- CYCLE STUDIO:

All morning classes as scheduled

4:30 pm Group Cycle w/ Caryn evening class ONLY!

New Year's Day - 1/1/2020!
Join us for the Group Ex Sampler 12:30 - 4:00 pm