

## GROUP TIME TABLE 2021

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAY	SUNDAY
7:00 - 8:00 BootyBarre			7:00 - 8:00 Mat Accessories Group			
7:00 - 8:00 Mat Foundation Group	7:00 - 8:00 Mat Group	7:00 - 8:00 Mat Group	7:00 - 8:00 Mat Group			
				7:30 - 8:30 BootyBarre		
	8:05 - 9:05 Mat Group	8:05 - 9:05 Mat Group	8:05 - 9:05 Mat Group		8:30 - 9:30 Drop-In Mat Class	
					10:30 Aerial Yoga Mixed Groups	
						12:00 Aerial Yoga Kids
						13:20 Aerial Yoga Beginners
						15:00 Aerial Yoga Beginners
			16:15 - 17:15 Mat Group			16:30 Aerial Yoga Intermediate
17:15 - 18:15 Mat Group	17:15 - 18:15 Mat Group	17:15 - 18:15 Mat Group	17:15 - 18:15 Mat Group			
17:15 - 18:15 Men's Pilates						
			17:30 - 18:30 BootyBarre	17:30 - 18:45 Aerial Yoga Mixed Group		
	18:15 - 19:15 Men's Pilates		18:15 - 19:15 Men's Pilates			