

# JF WEEKLY CLASS SCHEDULE JUNE 1ST-JUNE 18TH

## MONDAY

**Sculpt Yoga  
with Tana  
5:30am-6:30am**

**\*Beginner  
Dance  
with Kolby  
ages 6-12  
4:30pm-5:30pm**

**Adult Dance  
with Kolby  
5:30pm-  
6:30pm**

## TUESDAY

**Gentle Yoga  
with Bharti  
10:00am-11:00am**

**Hatha Yoga  
with Amy  
6:30pm-7:30**

## WEDNESDAY

**Morning  
Bootcamp  
with Kat  
5:30am-6:30am**

**Zumba  
with Jessica  
9:30am-10:30am**

**\*Advanced Dance  
with Kolby  
ages 12-18  
4:30pm-5:30pm**

**Adult Dance  
with Kolby  
5:30pm-6:30**

**Vinyasa Slow  
Flow Yoga  
with Tana  
7:00pm-8:00pm**

## THURSDAY

**Morning  
Bootcamp  
with Kat  
5:30am-6:30am**

**Bootcamp  
9:00am-10:00am**

**\*Yoga for Teens  
with Bharti  
4:30pm-5:30pm**

**MFR  
with Kory  
5pm-6pm**

**Hatha Yoga  
with Amy  
6:30pm-7:30**

**Yin Yoga  
with Kory  
7:45pm-8:45**

## FRIDAY

**Self Love  
Bootcamp  
with Kat  
1:00pm-2:00pm**

**\*Kids Yoga  
with Bharti  
3:30pm-4:30pm**

**mom & me  
Yoga  
with Bharti  
3:30pm-4:30pm**

**Zumba  
with Jessica  
6:30pm-7:30pm**

## SATURDAY

**Morning Yoga  
9am-10am**



**Classes are available for the whole community membership not required.  
A little progress each day adds up to BIG results**