

JF CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SCULPT YOGA with Tana 5:30am-6:30am</p> <p>*Kids Dance with Kolby 4:00-5:00pm</p> <p>Zumba with Kolby 5:00-6:00pm</p>	<p>GENTLE YOGA with Bharti 10:00am-11:00am</p> <p>*Kids Dance with Kolby 4:00pm-5:00pm</p> <p>HATHA YOGA with Amy 6:30pm-7:30</p>	<p>FUSION YOGA with Chelsie 9:00am-10:00am</p> <p>SCULPT YOGA with Tana 5:30-6:30pm</p> <p>SLOW FLOW YOGA with Tana 7:00pm-8:00pm</p>	<p>SELF MASSAGE with Kory 5pm-6pm</p> <p>HATHA YOGA with Amy 6:30pm-7:30</p>	<p>PARENT & ME YOGA with Bharti 4:30-5:30pm</p>	<p>MORNING YOGA 9:00AM-10:00AM Instructor Rotation</p>



Classes are available for the whole community membership not required.
CLASSES WITH AN * REQUIRE PRE-REGISTRATION