

# JF CLASS SCHEDULE

## MONDAY

**SCULPT YOGA**  
with Tana  
5:30am-6:30am

**BOOTCAMP**  
with Jyl  
7:00am-8:00am

## TUESDAY

**GENTLE YOGA**  
with Bharti  
10:00am-  
11:00am

**HATHA YOGA**  
with Amy  
6:30pm-7:30

## WEDNESDAY

**SCULPT  
YOGA**  
with Tana  
5:30-6:30pm

**SLOW FLOW  
YOGA**  
with Tana  
7:00pm-8:00pm

## THURSDAY

**Kid's Dance\***  
(Ages 5-7)  
with Kory  
3:30-4:15 PM

**Kid's Dance\***  
(Ages 7-14)  
with Kory  
4:30-5:15PM

**Recovery-MFR**  
with Kory  
5:30-6:30pm

**YIN-Yoga**  
with Kory  
6:30-7:30pm

**BOOTCAMP**  
with Jyl  
7:45-8:30

## FRIDAY

**HATHA YOGA**  
with Amy  
9:00 am -10:00



**Book now**

## SATURDAY

**MORNING  
YOGA**  
9:00AM-  
10:00AM  
Instructor  
Rotation

**JF**

**J.B. FITNESS**  
Open 24 Hours

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