



WHITEFISH STUDIO SCHEDULE



HOT YOGA AND BARRE

SUMMER SCHEDULE STARTS JULY 1 85-90 degrees 95 degrees 100 degrees

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9A SOULFUL SUNDAY MEDITATION	6:30-7:30A VINYASA FLOW	6:30-7:30A \$5 POWER BARRE	6:30-7:30A POWER SCULPT	6-7A VINYASA FLOW	6:30-7:30A POWER FLOW	8-9A BODY HIIT
9:30-10:45A VIN YIN	9-10A POWER SCULPT	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9-10A POWER SCULPT	9:30-10:45A VINYASA FLOW
11:15-12:15P VINYASA FLOW	10:30-11:45A VINYASA FLOW	10:30-11:30A POWER BARRE	10:30-11:30A POWER BARRE	10:30-11:30A POWER BARRE	10:30-11:45 VINYASA FLOW	11:15-12:15P POWER BARRE
	12-1P SACRED FEMININE CIRCLE		12-1P \$5 HIIT & FLOW	12-1P \$5 POWER FLOW	12:15-1P POWER SCULPT EXPRESS	
	5:30-6:30P VINYASA FLOW	5:30-6:30P POWER SCULPT	5:30-6:30P VINYASA FLOW	5:30-6:30P VINYASA FLOW	5:30-6:30P \$5 FRIDAY FIX	
6-7:30P YIN		7-8P VINYASA FLOW	7-8:15P \$5 YIN	7-8P HOT 26		