



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRINGING OUR STUDIO TO YOUR HOME

VIRTUAL Y+STUDIO SCHEDULE

January 1 – February 28

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30-10:45am Yoga w/ Stacie</p> <p>12:00-1:00pm TEAM w/ Emily</p>	<p>4:00-5:00pm Yin Yoga w/ Julie</p> <p>6:00-7:00pm TEAM w/ Shaunda</p> <p>7:00-8:00pm Vinyasa Yoga w/ Angie</p>		<p>9:30-10:45am Yoga w/ Stacie</p> <p>6:00-7:00pm TEAM w/ Emily</p> <p>7:00-8:00pm Gentle Yoga w/ Angie</p>	<p>9:30-10:45am Yoga w/ Stacie</p> <p>12:00-1:00pm TEAM w/ Shaunda</p>