

May 2024 Class Schedule

For the safety and security of our clients and staff, the exterior doors are locked once classes commence.

URBAN BODY YOGA



SUNDAY

Reserved for Special Events and Workshops

MONDAY

8:30a-9:15a	<input type="checkbox"/>	Urban Barre*	Carrie	Non-Heated
9:30a-10:30a	<input type="checkbox"/>	Stretch + Core	Carrie	Heated
5:30p-6:15p	<input type="checkbox"/>	Urban Sculpt*	Carrie	Heated
6:30p-7:30p	<input type="checkbox"/>	Slow Flow Yoga	Carrie	Heated

TUESDAY

9:30a-10:30a	<input type="checkbox"/>	Slow Flow Yoga	Carrie	Heated
5:30p-6:15p	<input type="checkbox"/>	Urban Sculpt*	Shelby	Heated
6:30p-7:30p	<input type="checkbox"/>	Stretch + Core	Shelby	Heated

WEDNESDAY

9:30a-10:30a	<input type="checkbox"/>	Flow Yoga	Carrie	Heated
6:00p-7:00p	<input type="checkbox"/>	Stretch + Core	Shelby	Heated

THURSDAY

9:30a-10:30a	<input type="checkbox"/>	Flow Yoga	Carrie	Heated
5:30p-6:15p	<input type="checkbox"/>	Urban Barre*	Carrie	Non-Heated
6:30p-7:30p	<input type="checkbox"/>	Flow Yoga	Carrie	Heated

FRIDAY

8:30a-9:15a	<input type="checkbox"/>	Urban Barre*	Carrie	Non-Heated
9:30a-10:30a	<input type="checkbox"/>	Urban Melt**	Carrie	Heated
6:00p-7:00p	<input checked="" type="checkbox"/>	Puppy Urban Melt**	Carrie	Heated

SATURDAY

9:30a-10:30a	<input type="checkbox"/>	Flow Yoga*	Carrie	Heated
10:45a-11:45a	<input type="checkbox"/>	Slow Flow Yoga	Carrie	Heated

* Music may contain explicit language | ** Bring (2) blocks & a Bolster to class

Carrie's puppy, Tito, will be in class.

To secure your spot, please sign up online through our website or the MINDBODY app.