HALE SCHEDULE

	Time/Day	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday	Sunday
Morning	0700		0700 - 0745 Hatha Jane L			0700			
	0715			0715 - 0800 Vinyasa Flow Merlyn N		0715			
	0730					0730			
	0745	0745 - 0845 Vinyasa Flow Lori N			0745 - 0845 Core Joyce T	0745			
	0800		0800 - 0845 Gentle Flow Jane L			0800			
	0815			0815 - 0900 Hatha Carissa L		0815			
	0830					0830			
	0845					0845			
	0900					0900			
	0915					0915			
	0930			930 - 1030 Aerial Stretch Carissa L		0930	930 - 1030 Aerial Stretch Carissa L		
	0945					0945			
	1000					1000			
	1015					1015			
	1030					1030			
	1045					1045			
	1100	1100 - 1200 Aerial Stretch Carissa L	1100 - 1200 Hatha 26 Lori N		1100 - 1200 Aerial Stretch Carissa L	1100	1100 - 1200 Flex Flow Joyce T	1100 - 1200 *Yin yang | Yin Wanling L	
	1115					1115			
	1130					1130			
	1145					1145			
Afternoon	1200					1200			1200 - 1300 VInyasa Flow Geraldine C
	1215	1215-1300 Aerial Stretch Carissa L	1215-1300 Core Lori N	1215 - 1300 Wheel Vinyasa Geraldine C	1215 - 1300 *Aerial Vinyasa | Aerial Silk Hatha Geraldine C	1215	1215 - 1300 *Vinyasa Flow | Core Joyce T	1215 - 1310 *Aerial Silk Hatha | Aerial Vinyasa Stephanie C	
	1230					1230			
	1245					1245			
	1300					1300			
	1315	1315-1400 Hatha Carissa L	1315 - 1400 Vinyasa Flow Lori N	1315 - 1400 Aerial Vinyasa Geraldine C	1315 - 1400 *Aerial Yin & Restoration | Yin Yang Geraldine C	1315			1315 - 1400 *Wheel Vinyasa | Core Geraldine C
	1330					1330		1330 - 1415 Aerial Stretch Stephanie C / 1330 - 1430 Aerial Silk Hatha Stephanie C	
	1345					1345			
	1400					1400			
	1415					1415			1415 - 1515 Aerial Vinyasa Geraldine C
	1430					1430		1430 - 1530 Aerial Vinyasa Stephanie C / 1445 - 1530 Wheel Vinyasa Alice T	
	1445					1445			
	1500					1500			
	1515					1515			
	1530					1530			1530 - 1630 Aerial Vinyasa Geraldine C
	1545					1545		1545 - 1630 Aerial Stretch Stephanie C / 1545 - 1630 Iron Flow Alice T	
	1600					1600			
	1615					1615			
	1630					1630			
	1645					1645			
	1700	1700 - 1800 Aerial Vinysa Geraldine C			1700 - 1800 Aerial Yin & Restore Geraldine C	1700			
	1715					1715			
	1730		1730 - 1815 Aerial Vinysa Geraldine C			1730	1730 - 1815 *Aerial Vinysa | Aerial Silk Hatha Geraldine C		
	1745					1745			
Evening	1800					1800			
	1815					1815			
	1830	1830 - 1930 *Core | Vinyasa Flow | Gentle Flow Wanling L	1830 - 1915 Aerial Vinyasa Geraldine C	1830 - 1915 Hatha Geraldine C	1830 - 1915 *Core | Vinyasa Flow Joyce T	1830	1830 - 1915 *Aerial Stretch | Wheel Vinyasa Geraldine C		
	1845					1845			
	1900					1900			
	1915					1915			
	1930		1930 - 2015 Vinyasa Flow Geraldine C	1930 - 2030 *Aerial Silk Hatha | Aerial Vinyasa Geraldine C/Stephanie C	1930 - 2030 Aerial Vinyasa Stephanie C	1930	1930 - 2015 *Wheel Vinyasa | Iron Flow Geraldine C		
	1945	1945 - 2045 *Gentle Flow | Hatha | Vinyasa Flow Wanling L				1945			
	2000					2000			
	2015					2015			
	2030		2030 - 2115 Wheel Vinyasa Geraldine C			2030	2030 - 2115 *Aerial Vinyasa | Aerial Silk Hatha Geraldine C		
	2045			2045 - 2130 *Aerial Silk Hatha | Aerial Yin & Restoration Stephanie C/Geraldine C	2045 - 2130 Aerial Stretch Stephanie C	2045			
	2100					2100			
	2115					2115			
	2130					2130			