

ALIVE LONG BRANCH

MAY 2019

THIS SCHEDULE IS NOT NECESSARILY UP TO DATE. PLEASE REFER TO OUR ONLINE SCHEDULE FOR UP TO THE MINUTE CHANGES!

	Monday	Tuesday	Wednesday	Thursday	Friday
DAYTIME					
9:30 AM	SLOW FLOW	PILATES TUNE UP	STRETCH & RESTORE	GENTLE HATHA	SLOW FLOW
12:00 PM	STRETCH & RESTORE	FLOW	FLOW	MAT PILATES	FLOW
EVENING					
4:30 PM		GENTLE AERIAL			
6:00 PM					FLOW & RESTORE
6:15 PM	FLOW	MAT PILATES	AERIAL	FLOW	
6:30 PM			(Int) FLOW		
7:30 PM		HATHA		HATHA	
7:45 PM	YIN		RESTORATIVE		

	Saturday	Sunday
WEEKEND		
9:00 AM		FLOW
9:30 AM	YOGA GYM	
10:30 AM		YOGA BASICS
10:45 AM	FLOW	
11:00 AM		COMMUNITY
12:00 PM	AERIAL	STRETCH & RESTORE
1:30 PM	GENTLE HATHA	
7:30PM		AERIAL FOUNDATIONS



WEBSITE:
EMAIL:
PHONE:

Room temperature

ALIVEYOGATO.COM
HELLO@ALIVEYOGATO.COM
647-926-3948