

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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|--------------|--|------------------------|----------------------------|------------------------|--------------------------------|---|--|
| 7:00-8:30a | Ashtanga Kq | Power Yoga Anna M. | Ashtanga Mabelle | Power Yoga Marky | Ashtanga Kq | 8:00-9:15a Vinyasa 1 Anna M. | 8:00-9:15a Yoga for Life Community Class |
| 9:00-10:15a | Power Yoga Ana B. | Vinyasa 1 Nikki | Yin Yoga Monica | Yin Yoga Monica | Power Yoga Glency | 9:30-10:45a Yin Yoga Kit | 9:30-10:45a Power Yoga Rianna |
| 11:30-12:45p | AG FUNDamentals Chiqui | | AG FUNDamentals Aldrick | | AG Flying Fitness Lester L. | 11:00-12:00n Zumba Doi | 10:30-11:45a AG Flying Fitness Lester L. |
| 12:00-1:00p | Zumba Nikki | Zumba Mark A. | Zumba Toning Sharon | Zumba Mark A. | Zumba Sharon | 12:00-1:15p AG FUNDamentals Nik | |
| 6:00-7:15p | Beyond Sculpt (6:00-7:00pm) Paulo* | | | | | 2:00-3:15p Power Yoga Anna M. | 2:00-3:15p Vinyasa 1 Rianna |
| | Vinyasa 2 Glency | Hot Yoga Paulo | Universal Yoga Roanna | Hot Yoga Eena | Vinyasa 2 Rianna | 2:00-3:15p AG Flying Fitness Nik | |
| 7:30-8:45p | AG Flying Fitness Paulo | AG FUNDamentals Nik | AG Flying Fitness Rox | AG FUNDamentals Ian | AG FUNDamentals Emy | Yoga for Life | |
| | Yin Yoga Kit | Vinyasa 2 Paulo | Vinyasa 1 Kristine | Yin Yoga Eena | Power Yoga Bea | Yoga for Life Community Classes uses various styles of yoga styles (Vinyasa, Yin, Hatha) and meditation to help manage issues related (though not exclusive) to HIV & AIDS. By sharing our individual practice, we build a loving and supportive community. | |