



Upstairs at 5th Street Station Square, 199 West 5th Avenue, Suite #33

## SUNSET STUDIO IN-PERSON SUMMER SCHEDULE

More classes coming in September!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30 - 7:30 Sunrise Flow Steph		6:30 - 7:30 Sunrise Flow Erin		
		7:45 - 8:45 Hatha 2 Steph		7:45 - 8:45 Hatha 2 Erin		8-9 Weekend Wake-up Steph
	9:00 - 10:15 Strength & Balance Valerie	9:15 - 10:15 Strong & Supple Core 1 Roxanne	9:00 - 10:15 Strength & Balance Valerie	9:15 - 10:15 Strong & Supple Core 2 Roxanne		9:15 - 10:15 Vinyasa Flow all levels Laura
						10:30 - 11:45 Gentle Donna
			12 - 1 Mat Pilates Steph			
		12:30 - 1:30 Vinyasa flow all levels Laura B		12:30 - 1:30 Vinyasa flow all levels Laura B		
4:00 - 5:00 Vinyasa Flow Anne-Marie						
	5:30 - 6:30 Vinyasa Flow Anne-Marie	5:15 - 6:30 Candlelight Slow Flow Shanti	5:30 - 7 <i>series</i> <i>and</i> <i>special</i> <i>events</i>	5:15 - 6:30 Candlelight Slow Flow Shanti	5:30 - 6:30 Friday Unwind Virtual Only Amalia	