

24 HR



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1111 SW 10TH ST NEWPORT, OR 97365 541-574-9062

MONDAY

6:00am-7:00am SPINNING
10:00am-11:00am CARDIO PUMP
12:10pm-12:40pm SPINNING
4:45pm-6:00pm POWER YOGA
6:00-7:00pm SPINNING
6:00pm-7:00pm SPINNING

TUESDAY

6:00am-7:00am CARDIO PUMP
10:00am-11:15am SIVANANDA YOGA
5:30pm-6:30pm SPINNING
5:30pm-6:45pm YOGA FUNDAMENTALS

WEDNESDAY

6:00am-7:00am SPINNING
7:00am-8:00am FLOW YOGA
10:00am-11:00am CARDIO PUMP
12:10pm-12:40pm SPINNING
5:30pm-7:00pm ASHTANGA YOGA
6:00pm-7:00pm CARDIO PUMP :
6:00am & 6:00pm YOGA/SPIN :
January 14th
2nd Wed. Monthly Sign Up Required

THURSDAY

6:00am-7:00am CARDIO PUMP
10:00am-11:15am ANUSARA YOGA
5:30pm-6:30pm SPINNING
5:30pm-7:00pm HOT YOGA or
MAT PILATES

FRIDAY

6:00am-7:00am SPINNING
7:30am-8:30am BALL CLASS
10:00am-11:00am CARDIO PUMP
11:00am-12:15am RESTORATIVE YOGA
12:10pm-12:40pm SPINNING

SATURDAY

9:00am-10:00am SPINNING
10:15am-11:30am WEEKEND
"YOGA IS YOGA"

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