

YOGA GROUP FITNESS SCHEDULE

VISIT OUR WEBSITE FOR UP TO DATE SCHEDULES AND POLICIES

KID ZONE HOURS:

MON-FRI: 8AM-2PM • MON-FRI: 5-8PM • SAT & SUN: 8AM-12PM

COPPERMINE				1 420 CLARKVIEW ROAD		
RACQUET & FITNESS				BALTIMORE, MD 21209		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am (60min) HOT POWER YOGA Dani	6:15am (60min) HOT POWER YOGA Heather	6:15am (60min) HOT POWER YOGA Dani	6:15am (60min) HOT POWER YOGA Maria		
		8:15am (60min) YOGA AND WEIGHTS Anita		8:15am (60min) HOT POWER YOGA Nila	8:15am (60min) YOGA: THE FUNDAMENTALS Nancy Studio B	
	8:30am (75min) HOT POWER YOGA Dani		8:30am (75min) HOT POWER YOGA Dani			
9:30am (75min) HOT POWER YOGA Allison		9:30am (75min) HOT POWER YOGA Robin		9:30am (75min) HOT POWER YOGA Taylor	9:30am (75min) HOT POWER YOGA Nila	9:00am (75min) YIN VINYASA Michel Lyn or Kristen
			10:00am (60min) HOT POWER YOGA Allison		10:15am (75min) BEGINNER YOGA Alison B	10:30am (60min) YOGA & WEIGHTS Lauren Z
12:15pm (45min) NON-HEATED YOGA Kristen	12:15pm (45min) HOT POWER YOGA Allison	12:15pm (45min) ALIGN & EXCEL IYENGAR YOGA Amy M Studio A		12:15pm (45min) IYENGAR YOGA: FUNDAMENTALS Amy M Studio A		
6:00pm (75min) HOT POWER YOGA Dani	6:00pm (75min) YIN VINYASA Lindsay			6:00pm (75min) YIN VINYASA Stephany		
		6:45pm (60min) HOT POWER YOGA Dani	6:30pm (60min) FUNDAMENTAL YOGA Kristen Studio A			

Schedule Effective: October 24th, 2018