

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
6:00am (60min) HOT POWER YOGA Heather	6:15am (60min) HOT POWER YOGA Dani	6:00am (60min) HOT POWER YOGA Heather	6:15am (60min) HOT POWER YOGA Dani	6:00am (60min) HOT POWER YOGA Heather		
		8:15am (60min) YOGA AND WEIGHTS Anita		8:15am (60min) HOT POWER YOGA Dani	8:15am (60min) YOGA: THE FUNDAMENTALS Nancy	
	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 Heather	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 Kristen	
12:15pm (45min) NON-HEATED YOGA Kristen	12:15pm (45min) HOT POWER YOGA Allison	12:15pm (45min) ALIGN & EXCEL IYENGAR YOGA Amy M		12:15pm (45min) IYENGAR YOGA: FUNDAMENTALS Amy M		10:30am (60min) YOGA SCULPT Kristie
6:00pm (75min) HOT POWER YOGA Dani	6:00pm (75min) YIN VINYASA Lindsay			6:00pm (75min) YIN VINYASA Michelyn		
		6:30pm (75min) HOT POWER YOGA Dani	6:30pm (60min) FUNDAMENTAL YOGA Kristen			

Schedule Effective: May 12th, 2019