

SUMMER A GROUP EXERCISE SCHEDULE

Effective: 05.13.24 - 06.22.24

RWC @ Downtown - UnionWest 2nd Floor

CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED

MONDAY

**FLOW YOGA
6:00PM
AGUSTINA**

TUESDAY

**POWER YOGA
6:00PM
AGUSTINA**

WEDNESDAY

**FLOW YOGA
12:00PM
AGUSTINA**

THURSDAY

**POWER YOGA
12:00PM
AGUSTINA**



WELL-BEING