

# SUMMER B GROUP EXERCISE SCHEDULE

*Effective: 06.24.24 - 08.02.24*

**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**