



Studio 91

AT MORGAN RUN

Class Schedule

Monday

6:15 am - 7:15 am

8:00 am - 9:00 am
9:00 am - 10:00 am
10:00 am - 11:00 am
6:00 pm - 7:00 pm

SPIN w/ Vince

Cardio Dance w/ Tamilee
Mat Pilates w/ Lynn (\$10 Fee)
Vinyasa Yoga w/ Lynn
Golf Fit w/ Jeremy

Tuesday

9:00 am - 10:00 am
10:00 am - 10:30 am
11:00am—11:30am

Muscle Max w/ Ani
Stretch w/ Ani
Yoga for Kids (3 to 6)

Wednesday

8:00 am - 9:00 am
9:00 am - 10:00 am
5:00 pm - 6:00 pm

Yin Yoga w/ Lynn
Pilates w/ Lynn (\$10 Fee)
SPIN w/ Tamilee

Thursday

8:00 am - 9:00 am
9:00 am - 10:00 am
10:00 am - 10:30 am
5:00 pm - 6:00 pm

Light Yoga w/ Jeanne
Cardio Sculpt w/ Ani
Stretch w/ Ani
Hatha Yoga w/ Ani

Friday

8:00 am - 9:00 am
9:00 am - 10:00 am

Vinyasa Yoga w/ Lynn
Mat Pilates w/ Lynn (\$10 Fee)

Saturday

7:30 am - 8:30 am
9:00 am - 10:00 am
10:00 am - 11:00 am

SPIN w/ Joanna
Hatha Yoga w/ Ani
Mat Pilates w/ Ani (\$10 Fee)

Sunday

10:45 am - 11:45 am

Yin Yoga w/ Lynn

Please note that a fee may apply to some classes. These classes should be done at ones own pace and we would like to remind you that you should always check with your doctor prior to starting a fitness or diet program!