



FLAGLER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 am	KRISHANA	JESS	KRISHANA	JESS	NATALIE		
	Sculpt Flow	Fire Flow	Sculpt Flow	Fire Flow	Sculpt Flow		
8:00 - 9:00 am		MICHAEL		MICHAEL			
		Vinyasa Flow		Vinyasa Flow			
8:30 - 10:00 am						DANNI	LESLEY
						Vinyasa + Rest	Fire + Rest
9:30 - 10:30 am	RYAN		MOLLY				
	Vinyasa Flow		Vinyasa Flow				
9:30 - 10:45 am					NZINGAH		
					Vinyasa + Rest		
10:30 - 11:30 am						MOLLY	
						Sculpt Flow	
12:00 - 1:00 pm							
4:30 - 5:15 pm							
5:45 - 7:00 pm	DANNI	LESLEY	DANNI	LESLEY			
	Vinyasa Flow	Fire Flow	Vinyasa Flow	Fire Flow			
6:00 - 7:15 pm							MICHAEL
							Candlelight Recover
7:30 - 8:30 pm	NATALIE		RYAN				
	Slow Flow		Slow Flow				
7:30 - 8:45 pm		ADAM		SYDNEY	MICHAEL		
		Rest + Soundbath		Recover + Rest	Candlelight Recover		