



FLAGLER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 am		JESS Fire Flow		JESS Fire Flow			
8:30 - 9:30 am	RYAN Slow Flow	MICHAEL Vinyasa Flow	MOLLY Fire Flow	MICHAEL Vinyasa Flow	MOLLY Fire Flow		
9:00 - 10:15 am						DAN Vinyasa Flow + Rest	LESLEY Fire Flow + Rest
10:15 - 11:15 am		TONY Vinyasa (Livestream)		TONY Vinyasa (Livestream)			
10:45 - 11:45 am						MOLLY Sculpt Flow	KRISHANA Slow Flow
12:00 - 1:00 pm	CAITLIN Vinyasa (Livestream)		YVONNE Vinyasa (Livestream)				
2:00 - 3:00 pm						JACQUI Vinyasa (Livestream)	DAVID Vinyasa (Livestream)
3:00 - 4:00 pm					ATI Vinyasa (Livestream)		
4:30 - 5:30 pm							ADAM Foundations Flow
6:00 - 7:15 pm	LESLEY Fire Flow + Recover	DAN Vinyasa Flow	LESLEY Fire Flow + Recover	DAN Vinyasa Flow	MICHAEL Vinyasa Flow		MICHAEL Candlelight Recover
7:45 - 8:45 pm	JESS Slow Flow		RYAN Slow Flow + Soundbath		MICHAEL Candlelight Recover		
7:45 - 9:00 pm		ADAM Rest + Soundbath		SYDNEY Recover + Rest			