



Weekly Schedule Panda Bear Studio

MON	TUE	WED	THU	FRI	SAT	SUN
		07:30 BARRE BURN				
		08:30 VINYASA YOGA		08:45 STRENGTH & FLEXIBILITY. YOGA	08:30 BARRE BURN	
10:30 BARRE BEGINNERS	09:45 VINYASA YOGA	10:00 STRETCHING	10:00 AERIAL PILATES	10:00 STRENGTH MAT PILATES	09:30 STRENGTH MAT PILATES	
		11:00 AERIAL SLING KIDS & TEENS HOME ED			10:30 STRENGTH MAT PILATES	
	12:15 EXPRESS BARRE 45	12:15 LUNCH RESET PILATES			11:30 AERIAL YOGA	
16:30 AERIAL SLING KIDS & TEENS	13:15 MOBILITY & JOIN HEALTH					
17:30 AERIAL SLING BEGINNERS		18:00 BARRE BURN	18:00 KETTLEBELLS & CORE	17:30 STRENGTH MAT PILATES		
18:30 BARRE BURN	18:30 VINYASA YOGA	19:00 AERIAL YOGA	19:00 HATHA YOGA	18:30 STRETCH & FLEXIBILITY		18:30 MEDITATION, YIN YOGA, SOUND BATH
19:45 HATHA YOGA	19:45 STRENGTH MAT PILATES		20:00 RESTORATIVE AERIAL YOGA & FLOATING MEDITATION*	19:30 POWER AND CHILL. YOGA. SOUND BATH		