



FLAGLER SCHEDULE

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