

## Regularly scheduled classes

### Mondays

9 a.m. Total Body Sculpt  
10:15 a.m. Gentle Yoga  
4:45 p.m. Barre  
6 p.m. Functional Strength

### Tuesdays

8:30 a.m. Power Barre  
10:15 a.m. Mindful Flow  
6 p.m. All-Levels Yoga  
7:15 p.m. Aerial Fitness

### Wednesdays

7:45 a.m. Yoga-Pilates Mash-up  
9 a.m. WarriorFit



**FLYING FROG FITNESS**

[flyingfrogfitness.com](http://flyingfrogfitness.com)

443-684-7880 (call or text)



*Calendar is subject to change.  
Please check website for updates.*

### Thursdays

8:30 a.m. Barre Fire  
6 p.m. All-Levels Yoga  
7:15 p.m. Aerial Yoga

### Fridays

9 a.m. Total Body Sculpt

### Saturdays

8:30 a.m. WarriorFit  
10 a.m. Aerial Fitness

### Sundays

9:30 a.m. (*alternates*)  
3/3 Total Body Sculpt  
3/10 Barre  
3/17 WarriorFit  
3/24 Total Body Sculpt  
3/31 Barre  
11:30 a.m. All Fly Aerial  
4:30 p.m. Yin Yoga

## Specialty classes and workshops

March 6

6 p.m. Candlelight yoga with yoga nidra

March 9

11:30 a.m. Intro to Aerial

March 13

6 p.m. TRE

March 15

6 p.m. So YouThink You Can Dance

March 23

11:30 a.m. Tadpole yoga  
1:30 p.m. Kitten Yoga

March 30

11:30 a.m. Tadpole yoga

### Interested in a private class?

We've got options for you whether you are planning a birthday party, Bachelorette party, a team-building event, or a fun night with your friends.

Visit [flyingfrogfitness.com/private-events](http://flyingfrogfitness.com/private-events) for more information.