

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. Gentle Yoga
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

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*)
4/7 WarriorFit
4/14 Total Body Sculpt
4/21 Barre
4/28 WarriorFit
11:30 a.m. All Fly Aerial
4:30 p.m. Yin Yoga

Specialty classes and workshops

April 6

11:30 a.m. Tadpole Yoga

April 13

1:30 p.m. A Somatic Journey for Spring Renewal

April 20

11:30 a.m. Tadpole Yoga
1 p.m. Tween Aerial
2:30 p.m. Kundalini Yoga

April 24

6 p.m. Tween Aerial

April 27

11:30 a.m. Grown-up and Me Tadpole
1:30 p.m. Kitten Yoga



FLYING FROG FITNESS

flyingfrogfitness.com

443-684-7880 (call or text)



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

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 for more information.