

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
6 p.m. All-Levels Yoga
7:15 p.m. Aerial Yoga

Wednesdays

7:45 a.m. Yoga-Pilates Mash-up
9 a.m. WarriorFit
6 p.m. Harmony Hatha Yoga

Thursdays

8:30 a.m. Barre Fire
10:15 a.m. Gentle Yoga
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*)
9/1 WarriorFit
9/8 Total Body Sculpt
9/15 Barre
9/22 WarriorFit
9/29 Total Body Sculpt
11 a.m. All Fly Aerial
4:30 p.m. Yin Yoga (9/8)

Drop-ins • Class Passes • Membership Packages



FLYING
FROG

flyingfrogfitness.com
443-684-7880 (call or text)



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

Private classes

Whether you are planning a birthday party, Bachelorette party, a team-building event, or a fun night with your friends—we have fun options available.

Visit flyingfrogfitness.com/private-events for more information.

Specialty classes and workshops

September 21

6:45 p.m. Sound Bath

September 28

1:30 p.m. Kitten Yoga