

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9 a.m. Total Body Sculpt	8:30 a.m. Power Barre	7:45 a.m. Yoga-Pilates Mash-up	8:30 a.m. Barre Fire	9 a.m. Total Body Sculpt
10:15 a.m. Gentle Yoga	10:15 a.m. Mindful Flow	9 a.m. Combat	6 p.m. All-Levels Yoga	SATURDAYS
4:45 p.m. Barre	6 p.m. All-Levels Yoga		7:15 p.m. Aerial Yoga	
6 p.m. Functional Strength	7:15 p.m. Grounded Aerial			8:30 a.m. Combat
				10 a.m. Aerial Fitness

SPECIALTY CLASSES AND WORKSHOPS

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

WEDNESDAY

January 10, 6 p.m.
Candlelight restorative
and yoga nidra

January 17, 6 p.m.
TRE

January 24, 6 p.m.
Tween Aerial

FRIDAY

January 19, 6 p.m.
So You Think You Can Dance

SATURDAY

January 13, 11:30 a.m.
Intro to Aerial

January 20 & 27, 11:30 a.m.
Tadpole Yoga

January 20, 6 p.m.

Restorative Aerial Yoga and
Sound Bath

February 3, 6 p.m.

'80s Glowga

SUNDAYS

9:30 a.m. (alternates)

Barre (1/7, 1/28)
Combat (1/14)
Total Body Sculpt
(1/21)

11:30 a.m.
All Fly Aerial

4:30 p.m.
Yin Yoga



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