



NAZARETH

CLASS SCHEDULE

MONDAY

Yoga Fusion with Jess: 9:30–10:15 AM (Studio)

TUESDAY

Seated Strength & Balance with Tanya: 7:30–8:15 AM (Studio)

Aqua Tone & Stretch with Lili: 9–10 AM (Pool)

WEDNESDAY

Yoga with Katie: 7–8 PM (Studio)

THURSDAY

Aqua Tone & Stretch with Lili: 9–10 AM (Pool)

Seated Strength & Balance with Mel: 10–10:45 AM (Studio)