

AURAFITNESS CLASS SCHEDULE

SUMMER 2023

MONDAY

Body Ease Gentle Yoga 12-1PM with Eise in Studio

TUESDAY

Body Inspire Fitness 8-9AM with Aura Online

WEDNESDAY

Parkinson's Vocal Training 10-11AM with Daivd Online

Body Ease GEntle Yoga 12-1PM with Elside in Studio

THURSDAY

Body Balance Flow Yoga 8-9AM with Aura in Studio + Online

Tai Chi + Qigong 12-1PM with M Scarlett in Studio

Flow Jams Yoga 5:30-7PM with Kari in Studio

FRIDAY

Gentle Yoga + Meditation 8-9AM with Aura Online

Yoga for Back Care + Scoliosis 9-10:30AM with Sonya in Studio

SATURDAY

Body Balance Flow Yoga 8-9:15AM with Aura in Studio

