

# AURAFITNESS CLASS SCHEDULE

SPRING 2023



## MONDAY

BODY EASE YOGA 12PM with ELISE IN STUDIO

## TUESDAY

BODY INSPIRE FITNESS 8AM with AURA ONLINE

## WEDNESDAY

PARKINSON'S FITNESS 10AM with DAVID ONLINE

BODY EASE YOGA 12PM with ELISE IN STUDIO

## THURSDAY

BODY BALANCE YOGA 8AM with AURA IN STUDIO + ONLINE

TAI CHI 12PM with M SCARLETT IN STUDIO

FLOW JAMS YOGA 5:30PM with KARI IN STUDIO

## FRIDAY

YOGA & MEDITATION 8AM with AURA ONLINE

YOGA FOR BACKCARE & SCOLIOSIS 9AM with SONYA IN STUDIO

## SATURDAY

BODY BALANCE YOGA FLOW 8AM with AURA IN STUDIO

FULL DETAILS AT [AURAFITNESSTAOS.COM](https://aurafitnessstaos.com) | 575-758-9733 | 1337 GUSDORF ROAD