

AURAFITNESS CLASS SCHEDULE

WINTER/SPRING 2023

MONDAY

BODY EASE GENTLE YOGA 12-1PM with ELISE IN STUDIO

TUESDAY

BODY INSPIRE STRENGTH 8-9AM with AURA ONLINE

WEDNESDAY

PARKINSON'S VOCALS 10-11AM with DAVID ONLINE

BODY EASE GENTLE YOGA 12-1PM with ELISE IN STUDIO

THURSDAY

BODY BALANCE FLOW YOGA 8-9AM with AURA IN STUDIO + ONLINE

TAI CHI & QIGONG 12-1PM with SCARLETT IN STUDIO

FRIDAY

GENTLE YOGA & MEDITATION 8AM with AURA ONLINE

YOGA FOR BACK CARE & SCOLIOSIS 9-10:30AM with SONYA IN STUDIO

FLOW JAMS YOGA 5:30-7PM with KARI IN STUDIO

SATURDAY

BODY BALANCE FLOW YOGA 8-9:15AM with AURA IN STUDIO



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