

# AURAFITNESS CLASS SCHEDULE

SUMMER 2022

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## MONDAY

BODY EASE GENTLE YOGA 12PM with ELISE IN STUDIO

EVENING FLOW YOGA 6PM with ELISE IN STUDIO

## TUESDAY

BODY INSPIRE FITNESS 8AM with AURA ONLINE

## WEDNESDAY

PARKINSON'S FITNESS + VOCALS 10AM with DAVID ONLINE

BODY EASE GENTLE YOGA 12PM with ELISE IN STUDIO

## THURSDAY

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

## FRIDAY

GENTLE YOGA & MEDITATION 8AM with AURA ONLINE

YOGA FOR BACK CARE & SCOLIOSIS 9AM with SONYA IN STUDIO

## SATURDAY

BODY BALANCE FLOW YOGA 8AM with AURA IN STUDIO



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