

Online Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am PT (10am ET)	Julia Thomas (INTESTINE/ CORE)	Danielle Gaudette (BNB YOGA)	Sean Newman (TAI CHI/ QIGONG)		Yoosoo Shin (BNB YOGA)	
10am PT (1pm ET)		Laura Proppe (CHAIR YOGA)		Jordan Diamond (BREATHWORK & MEDITATION)		Rotating (BNB YOGA & TAI CHI)
4pm PT (7pm ET)	Melanie Newman (INTESTINE/ CORE)		Chris Woolley (TAI CHI/ QIGONG)		Uthara Ramesh (ENERGY FLOW)	
6pm PT (9pm ET)				Samyung Han (BNB YOGA)		