



356A Sunrise Hwy W. Babylon NY

631-478-8664

***CALL or REGISTER ON-LINE FOR CLASSES...these classes fill up quick* Please check mindbody on**

website for updates and MOST accurate scheduling *FOLLOW US ON INSTA AND FACEBOOK FOR UPDATES*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8am Yoga Lauren 9am Barre Fit- Lauren 6:15pm INTRO to pole 7:30pm Ballet Barre 8:30pm Advanced Pole Fitness *All Classes With Morgan</p>	<p>5:15pm Intermediate Pole 6:15pm Beginner Pole 7:30pm Lyra Level 1 8:30pm Polography-</p>	<p>8am Yoga-Lauren 9am Barre Fit-Lauren 5:15 Stretch and Strengthen 6:15 Lyra Level 1 7:30pm INTRO to Pole 8:30pm Adv/Int Fusion Pole</p>	<p>5:00 Stretch and strengthen 5:45 pm INTRO to Pole- 6:45pm Beginner Pole- 7:45 Lvl 2 Lyra 7:45 Pole Conditioning 8:45 Open Aerial</p>	<p>10am Flexibility in Flight-Dona 6:30pm Barre Fit With Lauren 7:45pm Hip Hop with Malcolm</p>	<p>10 am Lyra Level1 Deanna 11:15am Antigravity Yoga Check MindBody online for Saturday Workshops!</p>	<p>10am Pole Silks Karen 11:15am-Acro Yoga 12:45pm-Intro Lyra-Dona 2:00pm-AG R&R 3:30 Inter. Pole Deanna 4:30pm-Twerk-Malcolm</p>
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