

STUDIO SHIFT
VIRTUAL CLASS
SCHEDULE
YOGA & WELLNESS

SUNDAY

10AM - 90 MIN VINYASA WITH MARCIA

MONDAY

9:15AM - SOULFUL ENERGY FLOW
WITH MARCIA

6:30PM - ASHTANGA REMIX WITH MARCIA

TUESDAY

8AM - VINYASA WITH KRISTI

9:15AM - HIIT VINYASA WITH MELISSA

WEDNESDAY

7AM - VINYASA WITH BRIE

9:15AM - VINYASA WITH KRISTI

6:30PM - GENTLE FLOW WITH MARCIA

THURSDAY

8AM - BODY STRENGTHENING WITH MELISSA

9:15AM - VINYASA WITH KRISTI

6:30PM - YIN YOGA WITH COLEEN

FRIDAY

8AM - VINYASA WITH MICHELE

9:15AM - DEEP STRETCH WITH MARCIA