

YOGA SCHEDULE

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
8:00A		MAT PILATES + YOGA CONNIE		SHINE ONLINE LIVE 1ST/3RD OF MONTH BRITT / MELISSA	YOGA TONE KITTY	FUSION 20.20.20 CONNIE	
9:30A	FUSION 20.20.20 CORINNE	MINDFUL YOGA CONNIE	MORNING YOGA KITTY	MAT PILATES + YOGA LISA	MORNING YOGA KITTY	YIN + YOGA DEBBIE	SLOWFLOW + DEEP STRETCH EMILY
11:00A	MINDFUL YOGA LAUREN		GENTLE YOGA LAUREN		YIN RESET CORINNE	MINDFUL YOGA JENNIFER	GENTLE SOUL YOGA + SOUND TONI
4:00P	HATHA SLOWFLOW TONI			HATHA SLOWFLOW TONI			
5:30P	YIN + YOGA DEBBIE		SLOWFLOW + DEEP STRETCH CORINNE	MINDFUL YOGA MICHELE			
6:15P					STRESS RELIEF RESTORATIVE MICHELE		
6:30P		MAT PILATES + YOGA MICHELE					
7:00P	NIDRA MEDITATION + SOUND TONI		NIDRA MEDITATION + SOUND LISA				

SOUL REFORMER SCHEDULE

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
8:00A	REFORMER INTERMEDIATE LISA			REFORMER ALL LEVELS LISA		REFORMER ALL LEVELS DEBBIE	
8:30A							REFORMER ALL LEVELS TONI
9:00A		REFORMER ALL LEVELS DAWN					
9:30A	REFORMER JUMP + STRETCH LISA				REFORMER STRETCH / STRENGTH CONNIE	REFORMER ALL LEVELS CONNIE	REFORMER ALL LEVELS TONI
10:30A			REFORMER JUMP + STRETCH TONI				
5:00P		REFORMER INTERMEDIATE THERESA					
5:30P	REFORMER JUMP + STRETCH TONI		REFORMER STRETCH + RESTORE LISA	REFORMER STRETCH / STRENGTH TONI			
6:30P				REFORMER ALL LEVELS TONI			

*For the most up to date schedule, please visit TranquilSoulStudio.com or the free *MindBody App*

*Soul Reformer Pilates is a Personal Training Program and not included in Unlimited Offerings

Effective May 1, 2024