

Classes during October 3-9 that have a yoga component including Barre:

Thursday October 3 - 1:00 - 45 minutes Cycle plus 30 minutes Yoga (Yin)
Thursday October 3 - 7:00 - 45 minutes Cycle plus 30 minutes Yoga (Flow)
Friday October 4 - 9:30 - 30 minutes Cycle plus 45 minutes Barre
Saturday October 5 - 3:00 - 45 minutes Cycle plus 30 minutes Yoga (Yin)
Monday October 7 - 9:30 - 30 minutes Cycle plus 45 minutes Barre
Monday October 7 - 7:00 - 45 minutes Cycle plus 30 minutes Yoga (Flow)
Tuesday October 8 - 12:00 - 45 minutes Barre