

Class Schedule

Mon

8:00 - 9:00am	\$5.00 Drop in Yoga	Michele
9:30 - 10:45am	Level 1-2 Vinyasa Flow	Michele
11:00 - 12:00pm	Functional Strength	Nick
5:30 - 6:45pm	White Lotus Flow	Michele

Tues

7:30 - 8:30am	Interval Training	
4:00 - 5:00pm	Functional Strength	Nick DeAngelis
5:30 - 6:45pm	Vinyasa Mixed Level	Michele
7:15 - 8:15pm	Functional Strength	Nick DeAngelis

Wed

9:30 - 11:00am	Hatha Yoga	Danny Marshall
5:30 - 6:45pm	For Beginners Yoga	Michele
8pm - 9pm	Core Essentials	Angela

Thurs

8:00 - 9:00am	Interval Training	Allison
9:30 - 10:45	Flow with Inversions	Michele
5:45 - 6:45pm	Vinyasa Flow Level 2	Michele
7:15 - 8:15pm	Functional Strength	Nick DeAngelis

Friday

8:30 - 9:30am	\$5.00 Yoga Calss	Michele
9:30 - 11:00am	Vinyasa Flow	Michele
11 - 12pm	Irest Yoga Nidra	Michele

Saturday

7:00 - 8:00am	Functional Strength	Nick DeAngelis
8:15 - 9:30am	Vinyasa Flow	Michele
9:45 - 11:15am	Alignment & Yoga Series	Ron Mlnnick
11:30 - 12:30pm	Functional Strength	Nick DeAngelis

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