

*inSpirit*  
**WEEKLY SCHEDULE**  
 ALL CLASSES IN U.S. MOUNTAIN TIME

SACRED SUNDAY	8:30AM	Meditation	Sarah	O
	9:00AM	Nia	Sarah	O
MONDAY	7:00AM	20-minute Nia	Minna	O
	9:00AM	Nia	Sarah	R
	9:30AM	Nia	Zoë	O
TUESDAY	7:30AM	Nia	Minna	O
	9:00AM	Nia	Sarah	R
	9:30AM	Nia	Jasmine	O
	11:00AM	Embodied Yoga	Brenda	O
WEDNESDAY	7:00AM	20-minute Nia	Minna	O
	9:00AM	Nia Navigators	Sarah, Zoë & Paul	O
THURSDAY	7:30AM	Nia	Sarah	O
	9:00AM	Nia	Sarah	R
	9:30AM	Nia	Jasmine	O
	10:00AM	MoveIT	Zoë	O
FRIDAY	9:00AM	Nia	Sarah	O
	12NOON	MoveIT	Sarah	H
SATURDAY	10:00 AM	Nia	Melissa (1x month)	O
	11:00AM	Nia	Vanessa	O

**Location Key:**

O = Online

R = Railyard Performance Center

H = Online & In Person