



# The Falls - Yoga/Gravity Schedule - December 2018

The Falls Tennis & Fitness Center  
806-687-6080

Group Exercise Director: Sabrina Lewis  
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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Studio	5:45p Restorative Yoga Emily	9:00a Hatha Flow Yoga Selina <i>(no class 12/24; 12/31)</i>	9:00a Basic Yoga Angie <i>(no class 12/25)</i>	9:00a Yin Yoga Anthony	9:00a Vinyasa Flow Lindsay	9:00a Yoga Alisha	8:30a Hot Yoga Lindsay
		12:00p (45) Flow Yoga Lindsay <i>(no class 12/24; 12/31)</i>		10:00a Hot Yoga Anthony			
		5:45p Vinyasa Flow Yoga Anthony <i>(no class 12/24; 12/31)</i>	5:45p Hot Yoga Jenn <i>(no class 12/25)</i>	5:45p Flow/Restore Yoga Emily	5:45p All Levels Yoga Nishita		
Gravity Room	3:00p Basic Gravity Gina	9:30a Advanced Gravity Stephanie <i>(no class 12/24; 12/31)</i>	9:30a Gravity Flow Lindsay <i>(no class 12/25)</i>		9:30a Int'mediate Gravity Marissa	<b>new time!!</b> 8:30a Advanced Gravity Stephanie	9:30a Basic Gravity Janda
		5:45p Gravity Flow Brittney <i>(no class 12/24; 12/31)</i>	12:00p (40) Int'mediate Gravity Marissa <i>(no class 12/25)</i>	10:30a Gravity Core Dee			
			<b>Monday 12/24</b>  <b>Christmas Eve</b> <b>Yoga!!</b> <b>9:00a w/Lindsay</b>		<b>Monday 12/31</b>  <b>New Year's Eve</b> <b>Yoga!!</b> <b>9:00a w/Lindsay</b>		