

Virtual Schedule FITNESS SCHEDULE

	SATURDAY	SATURDAY	SATURDAY	SATURDAY	SATURDAY	SATURDAY	SATURDAY
7:00 AM	Monday Morning Meditation with Desiree						
7:30 AM	7-7:45						
8:00 AM							
8:30 AM							
9:00 AM		Hatha Yoga with AK		Hatha Yoga with AK			
9:30 AM		Virtual		Virtual		Fundamentals with Eileen	
10:00 AM			NuleeuFIT with Mattie			Virtual	
10:30 AM			virtual/in-person?				
11:00 AM							YOGA Smithfield
11:30 AM							in person (10 people limit)
12:00 PM		Lunch Break Virtual Yoga:Stretch at your desk with Cate		Lunch Break Virtual Yoga:Stretch at your desk with Cate			
12:30 PM		virtual		virtual			
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	NuleeuFIT with Mattie			NuleeuFIT with Mattie			
4:30 PM	virtual/in-person?			virtual/in-person?			
5:00 PM							
5:30 PM			Multi Flow Yoga with Desiree				
6:00 PM			5:30-6:30				
6:30 PM							
7:00 PM							Candle light flow with Maygen
7:30 AM							virtual
Class Description							
NuleeuFit classes will be a 30 minute, efficient, fun blend of cardio and strength! Great way to blend two great modalities of exercise together. All ability levels welcome!							
Join Cate for Yoga for Desk Warriors class, In this class we will open the neck, shoulders, arms, hands, upper, middle and lower spine, bringing awareness to postural alignment while sitting at our desks. Add a mental and physical shift to your work day, bringing you back for a more productive, relaxed and focused afternoon.							
Join Maygen in a Candle light Flow class done by candle light for an even more relaxing experience. The slow gentle flow of postures will enable you to create a healthy and more flexible body while you focus on calming the mind and relaxing into the moment. Flowing by candlelight is calming and soothing, and deepens the experience of relaxation.							
Fundamentals class is designed for beginner level. It focuses on breath work and proper alignment. Focus will not only to ensure safety in the pose but aim to increase flexibility and balance.							