



# The Falls - Yoga/Gravity Schedule - January 2019

The Falls Tennis & Fitness Center  
806-687-6080

Group Exercise Director: Sabrina Lewis  
Sabrina@thefallslubbock.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Studio	5:45p Restorative Yoga Emily	9:00a Hatha Flow Yoga Selina	9:00a Basic Yoga Angie <i>(no class 1/1)</i>	9:00a Yin Yoga Anthony	9:00a Vinyasa Flow Lindsay	9:00a Yoga Alisha	8:30a Hot Yoga Jenn
		12:00p (45) Flow Yoga Lindsay		10:00a Hot Yoga Anthony			
		5:45p Flow/Resore Yoga Emily	5:45p Hot Yoga Jenn <i>(no class 1/1)</i>	5:45p Vinyasa Flow Yoga Anthony	5:45p Yin Yoga Anthony		
Gravity Room	3:00p Basic Gravity Gina	9:30a Advanced Gravity Stephanie	9:30a Gravity Flow Lindsay <i>(no class 1/1)</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	12:00p (40) Int'mediate Gravity Marissa <i>(no class 1/1)</i>	10:30a Gravity Core Dee			
					<b>New Year's Day classes:</b>  <b>9:00a Yoga w/Lindsay</b>  <b>10:00a Body Pump w/Sandi</b>		