**MONDAY**

BonZai Yoga

7-8pm Vinyasa Yoga (Zoom MST.)

**TUESDAY**

Zone Fitness Cherry Creek

9:00am-10:15am

6-6:45pm Power Yoga (Zoom MST.)

**WEDNESDAY**

BonZai Yoga

6-7pm The Henry Apartments

7:30-8:30pm The Douglas Apartments

**THURSDAY**

Zone Fitness Cherry Creek

9:00am-10:15am Slow Flow, Balance, & Alignment

**FRIDAY**

12-1pm Gentle Flow (Zoom MST.)