**MONDAY**

**BonZai Yoga at The Sova on Grant Apartments**

 5:30-6:30pm All Levels Yoga

**TUESDAY**

**Zone Fitness Cherry Creek**

9:00am-10:15am

6-6:45pm Power Yoga (**Zoom)**

**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**

**Zone Fitness Denver**

9:00-10:15am Vinyasa Yoga

12-1pm Gentle Flow **(Zoom)**