

# UrbanFlow

## Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		06:00 mat (Kim)	07:00 mat (Sharon)			
		08:00 mat (Kim)	08:00 mat (Debbie)	08:00 mat (Kim)		08:00 mat/equipment (Kim))

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PM	17:00 mat/equipment (Kim)		17:00 mat (Kim)			
	18:00 equipment (Kim)	18:00 equipment (Kim)		18:00 equipment (Kim)		

Booking is essential