Los Angeles Yoga Classes in the Board Room from 4:15-5:15 PM:

Thursday, September 17th
Thursday, October 8th
Thursday, November 12th
Thursday, December 10th

New York Classes in the Employee Lounge from 5:15-6:15 PM:

Tuesday, August 25th: Body Sculpt Mat Class
Wednesday, September 2nd: Yoga Class
Wednesday, September 16th: Yoga Class
Tuesday, September 29th: Body Sculpt Mat Class
Tuesday, October 20th: Body Sculpt Mat Class
Tuesday, November 3rd: Body Sculpt Mat Class
Wednesday, November 11th: Yoga Class
Wednesday, December 2nd: Yoga Class
Tuesday, December 15th: Body Sculpt Mat Class

Nashville Classes in the Lobby from 5:15-6:15 PM:

Wednesday, August 26th: Body Sculpt Mat Class
Monday, August 31st: Yoga Class
Wednesday, September 16th: Yoga Class
Wednesday, September 30th: Pound Class
Wednesday, October 14th: Yoga Class
Wednesday, November 11th: Yoga Class
Wednesday, November 18th: Body Sculpt Class
Wednesday, December 9th: Yoga Class
Wednesday, December 16th: Body Sculpt Class