

AIMSpin/Yoga Group Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8-9am: Yoga Basic- Hilary		8-9am: SpinYogaSpin- Tiffany/ Hilary			
		9:30-10:30am Yoga Booty Hilary		9:30-10:30am Yoga Booty Hilary		
11-12pm SPIN DC	10:30-11:30am: SpinYogaSpin- Tiffany/ Hilary	11-12pm SPIN DC	10:30-11:30am: SpinYogaSpin- Tiffany/ Hilary			
6-7pm: SpinYogaSpin- Tiffany/ Hilary		6-7pm SPIN Francisco				
7:30-8:30pm SPIN Francisco						



For more information or to schedule a session, contact us at 704-607-6183 or info@aimtogetherfit.com