

## MONDAY

Buns	9:00-9:45am
Pilates	10:00-10:45am
Zen	11:00-11:45am
Zen	1:00-1:45pm
Yoga	2:00-2:45pm

## TUESDAY

Iso	9:00-9:45am
Yoga	10:00-10:45am
Core	11:00-11:45am
Zen	1:00-1:45pm
Pilates	2:00-2:45pm
Buns	4:00-4:45pm
Iso	5:00-5:45pm

## WEDNESDAY

Warrior	9:00-9:45am
Pilates	10:00-10:45am
Zen	11:00-11:45am
Zen	1:00-1:45pm
Yoga	2:00-2:45pm

## THURSDAY

Iso	9:00-9:45am
Yoga	10:00-10:45am
Core	11:00-11:45am
Zen	1:00-1:45pm
Pilates	2:00-2:45pm
Buns	4:00-4:45pm
Iso	5:00-5:45pm

## FRIDAY

Core	9:00-9:45am
Pilates	10:00-10:45am
Zen	11:00-11:45am
Zen	1:00-1:45pm
Yoga	2:00-2:45pm

