

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
Core	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
Iso	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

