

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6am: Power Yoga TRX Tabata	6am: Power Yoga KettleBell Hell	6am: Power Yoga TRX Tabata	6am: Power Yoga KettleBell Hell	6am: Power Yoga TRX Tabata	
	7:30am: Power Yoga	7:30am: Gentle Yoga	7:30am: Power Yoga	7:30am: Gentle Yoga	7:30am: Power Yoga	
8am: Power Yoga TRX Tabata	8:30am: Bootcamp	8am: TRX Express	8:30am: Bootcamp	8am: TRX Express	8:30am: Bootcamp	8am: Power Yoga TRX Tabata
	9am: Power Yoga	9am: Power Yoga Core 20	9am: Power Yoga Core 20	9am: Power Yoga Core 20	9am: Power Yoga	
9:30am: Power Yoga Kids Club TKO	9:30am: TRX Tabata	9:30am: Stop Drop and Dance TKO	9:30am: TKO Condition	9:30am: Stop Drop and Dance TKO	9:30am: TRX Tabata	9:30am: Power Yoga Kids Club TKO
	10:45am: Gentle Yoga	10:45am: Yin Yang	10:45am: Gentle Yoga	10:45am: Yin Yang	10:45am: Gentle Yoga	11am: Gentle Yoga
	12pm: Power Yoga TKO Conditioning	12pm: Power Yoga TRX Tabata	12pm: Power Yoga TKO Cardio Kick Boxing	12pm: Power Yoga TRX Tabata	12pm: Power Yoga TKO Conditioning	
		4:00pm Core 20	4:00pm Core 20	4:00pm Core 20		
4:30pm: Yin Yang	4:30pm: Power Yoga TRX Tabata	4:30pm: Power Yoga TKO Cardio Kick Boxing	4:30pm: Power Yoga TRX Tabata	4:30pm: Power Yoga TKO Condition Kids Club	4:30pm: Power Yoga TRX Tabata	4:30pm: Power Yoga
	5:45pm: TRX Express	5:45pm: TRX Express	5:45pm: TKO Circuit	5:45pm: TRX Express		
6pm: Power Yoga	6pm: Power Yoga	6pm: Power Yoga	6pm: Power Yoga	6pm: Power Yoga	6pm: Power Yoga	
		6:45pm: KettleBell strength circuit		6:45pm: KettleBell Strength circuit		
	7:15pm: Hula Hooping	7:15pm: Candlelight Yin Yang	7:15pm: Gentle Yoga	7:15pm: Candlelight Yin Yang		
		7:45pm: TKO Conditioning		7:45 TKO Conditioning		

GENTLE YOGA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:45am	7:30am	10:45am	7:30am	10:45am	11:00am
			7:15pm			

POWER YOGA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00am	6:00am	6:00am	6:00am	6:00am	
8:00am	7:30am		7:30am		7:30am	8:00am
9:30am (with live music)	9:00am	9:00am	9:00am	9:00am	9:00am	9:30am (rock and flow)
	12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	
	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm
6:00pm	6:00pm	6:00pm	6:00pm	6:00pm	6:00pm	

YIN YANG YOGA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:45am		10:45am		
4:30pm		7:15pm		7:15pm		

KIDS YOGA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am				4:30pm		9:30am

TRX

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	6:00am	8:00am (express)	6:00am	8:00am (express)	6:00am	8:00am
	9:30am	12:00pm		12:00pm (strength)	9:30am	
	4:30pm (express)	5:45pm (express)	4:30pm (express)	5:45pm (express)	4:30pm	4:30pm
	5:30pm		5:30pm			

TKO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am	12:00pm (condition)	9:00am	9:30am (condition)	9:00am	12:00pm (condition)	9:30am
		4:30pm	12:00pm	4:30pm		
		6:45pm		6:45pm		
		7:45pm (condition)				

BOOTCAMP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30am		8:30am		8:30am	

STOP DROP AND DANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30am		9:30am		

HULA HOOPING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15pm					