

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	9am: Power Yoga Core 20	9am: Power Yoga	
9:30am: Power Yoga Kids M H 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 Yoga TKO
11am: BootCamp Community	10:45am: Gentle Yoga	10:45am: Yin Yang Winter Sports Training	10:45am: Gentle Yoga	10:45am: Yin Yang Winter Sports Training	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 M H	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 Hell		6:45pm: KettleBell Hell		
	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		