

BOOTY BARRE/TRX/ MAT PILATES/YOGA SCHEDULE

January 6-March 1, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						
8:30 AM						
9:00 AM	9:00am Yoga OPEN	9:00am Pilates with Props with virtual option SPACES AVAILABLE		9:00am Pilates with Props (virtual) SPACES AVAILABLE	9:00am Booty Barre SPACES AVAILABLE	
9:30 AM						
10:00 AM					10:00am Fascinating Fascia with virtual option SPACES AVAILABLE	
10:30 AM						
11:00 AM		11:00am Fascinating Fascia with virtual option SPACES AVAILABLE				11:00am Yoga OPEN
11:30 AM						
12:00 PM			12:00pm Yoga OPEN			
12:30 PM						
1:00 PM						1:00PM Intro to Mat Pilates SPACES AVAILABLE
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		4:30pm Mat Pilates SPACES AVAILABLE				
5:00 PM	5:00pm TRX/HIIT FULL	5:00pm Yoga OPEN			5:00pm NEW TIME!! Yoga OPEN	
5:30 PM						
6:00 PM		6:00pm Booty Barre SPACES AVAILABLE				
6:30 PM						
7:00 PM		7:00pm Yoga OPEN				
7:30 PM						