

OMCORE yoga + body Weekly Class Schedule NOVEMBER 2024

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

Due to our small class sizes and to be fair to all clients, late cancellation and no show fees apply!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am		Bikes & Bands Patricia	HIIT Fusion Elaine	Pure Ride Omcure Instructor	HIIT Fusion Elaine	Pure Ride Omcure Instructor	
8:00am							Pure Ride Omcure Instructor
8:15am		Pure Ride Patricia	ABC Class Arms, Booty, Core Ellen Grace	<i>Hot Power Yoga</i> Patricia / Tannis	ABC Class Arms, Booty, Core Patricia	Pure Ride Patricia	
9:15am							<i>Hot Power Yoga</i> Omcure Instructor
9:30am		<i>Hot Power Yoga</i> Blair	Arms, Booty, Core <i>@ The Barre</i> Patricia	Pure Ride Patricia / Erin	Arms, Booty, Core <i>@ The Barre</i> Ellen Grace	<i>Hot Power Yoga</i> Ellen Grace	
10:00am	<i>Slow Flow Yoga</i> Ellen Grace						
10:45am			Strengthen & <i>Stretch</i> Patricia / Ellen Grace		Strengthen & <i>Stretch</i> Patricia / Ellen Grace		ABC Class Arms, Booty, Core Omcure Instructor
11:30am	Pure Ride Erin						
4:45pm			<i>Hot Power Yoga</i> Tannis		<i>Slow Flow Yoga</i> Tannis		
5:45pm		ABC Class Arms, Booty, Core Kat		Arms, Booty, Core <i>@ The Barre</i> Patricia / Mary			
6:15pm			Pure Ride Elaine		Pure Ride Kat		
6:45pm		<i>Slow Flow Yoga</i> Jonny		<i>Hot Power Yoga</i> Blair			