

OMCORE yoga + body Weekly Class Schedule January 2023

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
6:00am			Power Yoga 45 Blair				
7:00am		Pure Ride Kelley	HIIT Fusion Kate	Pure Ride Kelley	HIIT Fusion Elaine	Pure Ride Kelley	
8:00am							Pure Ride OmcORE Instructor
8:15am		Pure Ride Kate	Barre Patricia	Hot Power Yoga Patricia	ABC Class Arms, Booty, Core Patricia	Pure Ride Partricia	
9:15am							Hot Power Yoga Patricia
9:30am		Hot Power Yoga Blair	ABC Class Arms, Booty, Core Patricia	Bikes + Bands Patricia	YogaSculpt Patricia	Barre Hailey	
10:00am	Slow Flow Yoga Michael / Jessica						
10:45am			Strength & Stretch Patricia		Strength & Stretch Jiffy		Barre OmcORE Instructor
11:30am	Sunday Sweat Ride Kate						
4:45pm			Slow Flow Yoga Jessica		Slow Flow Yoga Jessica		
5:30pm		Barre Lexie		Barre Lexie			
6:15pm			Pure Ride Rayna		Pure Ride Kate		
6:30pm		{Candlelight} Slow Flow Yoga Michael Marie		{Candlelight} Hot Power Yoga Blair			