

# OMCORE Weekly Class Schedule APRIL 2025

**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		Pure Ride	HIIT Fusion	Pure Ride	HIIT Fusion	Pure Ride	
8:00am							Pure Ride
8:15am		Ritual Ride	CardioSculpt	Hot Power Exp	CardioSculpt	Ritual Ride	
9:00am	Slow Flow Yoga (Begins 4/13)						
9:15am							Hot Power Yoga
9:30am		Hot Power Yoga	OMCORE Barre	Ritual Ride	OMCORE Barre	YogaSculpt	
10:00am	OC Hot 26 Yoga (4/6 only)						
10:45am	Pure Ride (Begins 4/13)		Strengthen & Stretch		Strengthen & Stretch		ABC Class
11:00am		Yin Yoga		Gentle Yoga		Restorative Yoga	
11:30am	Pure Ride (4/6 only)						
4:30pm				Pure Ride			
4:45pm			Hot Power Yoga		Slow Flow Yoga		
5:45pm		ABC Class		OMCORE Barre			
6:15pm			Pure Ride		Pure Ride		
6:45pm		Slow Flow Yoga		Hot Power Yoga			