

OMCORE yoga + body

Weekly Class Schedule June 2022

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
7:00am		Pure Ride Kelley	HIIT Fusion Kate	Pure Ride Kelley	HIIT Fusion Patricia	Pure Ride Kelley	
8:00am							Pure Ride OmcORE Instructor
8:15am		Pure Ride Kate	Barre Cassie	Hot Power Yoga Patricia	The OMCORE Method Patricia	Pure Ride Partricia	
9:15am							Hot Power Yoga Patricia
9:30am		Hot Power Yoga Blair	Barre Cassie	Bikes + Bands Patricia	Barre Patricia	YogaSculpt Cassie	
10:00am	Low Heat Vinyasa Flow Michael Marie						
10:45am			Triple S Yoga Patricia		Triple S Yoga Patricia		Barre OmcORE Instructor
11:30am	Sunday Sweat Ride Kate						
4:45pm							
5:30pm		Barre Lexie		Barre Lexie			
6:00pm			Pure Ride Helen		Pure Ride Helen		
6:30pm		Low Heat Vinyasa Flow Michael Marie		Hot Power Yoga Blair			