

OMCORE yoga + body

Weekly Class Schedule

JANUARY 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	Ritual Ride	HIIT Fusion	Pure Ride	
8:00am							Pure Ride
8:15am		Ritual Ride	CardioSculpt	Hot Core Fusion	CardioSculpt	Ritual Ride	
9:15am							<i>Hot Power Yoga</i>
9:30am		<i>Hot Power Yoga</i>	OMCORE Barre	<i>Omcore Hot 26 Yoga or Ride</i>	OMCORE Barre	<i>Hot Power Yoga</i>	
10:00am	<i>Omcore Hot 26 Yoga</i>						
10:45am			Strengthen & Stretch		Strengthen & Stretch		CardioSculpt
11:00am				<i>Gentle Restorative Yoga</i>		<i>Gentle Restorative Yoga</i>	
11:30am	Pure Ride						
4:45pm			<i>Hot Power Yoga</i>		<i>Slow Flow Yoga</i>		
5:45pm		ABC Class		OMCORE Barre			
6:15pm			Pure Ride		Pure Ride		
6:45pm		<i>Slow Flow Yoga</i>		<i>Hot Power Yoga</i>			