

OMCORE yoga + body Weekly Class Schedule September 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
7:00am		Pure Ride Kelley	HIIT Fusion Elaine / Kelley	Pure Ride Kelley	HIIT Dem Abs! Elaine / Kelley	Pure Ride Kelley	
8:00am							Pure Ride OmcORE Instructor
8:15am		Pure Ride Kate	ABC Class Arms, Booty, Core Kate	<i>Hot Power Yoga</i> Patricia	ABC Class Arms, Booty, Core Patricia	Pure Ride Patricia	
9:15am							<i>Hot Power Yoga</i> Outside at The Vine Patricia
9:30am		<i>Hot Power Yoga</i> Blair	Barre Patricia	Bikes & Bands Patricia / Kate	<i>YogaSculpt</i> Patricia	ABC @ The Barre Arms, Booty, Core Kate	
10:00am	<i>Slow Flow Yoga</i> Jessica						
10:45am			Strengthen & <i>Stretch</i> Patricia		Strengthen & <i>Stretch</i> Kate		ABC Class Arms, Booty, Core OmcORE Instructor
11:30am	Cycle & Stretch Kate						
4:45pm			<i>Hot Slow Flow Yoga</i> Jessica		<i>Yin Yoga</i> Jessica		
5:30pm		ABC Class Arms, Booty, Core Kate		ABC @ The Barre Arms, Booty, Core Kate			
6:15pm			Pure Ride Elaine		Pure Ride Kat		
6:30pm		<i>Haitha Soul Flow</i> Jonny		<i>Hot Power Yoga</i> Blair			