

OMCORE yoga + body Weekly Class Schedule May 2024

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		Bikes & Bands Kelley / Patricia	HIIT Fusion Elaine	Pure Ride Kelley	HIIT Fusion Elaine		
8:00am							Pure Ride OmcORE Instructor
8:15am		Pure Ride Kate	ABC Class Patricia	<i>Hot Power Yoga</i> Patricia / Ellen Grace	ABC Class Patricia	Pure Ride Patricia	
9:15am							<i>Hot Power Yoga</i> Patricia
9:30am		<i>Hot Power Yoga</i> Blair	ABC Barre Patricia		ABC @ The Barre Patricia	<i>Hot Power Yoga</i> Ellen Grace	
9:45am				Pure Ride Patricia			
10:00am	<i>Warm Flow Yoga</i> Ellen Grace						
10:45am			Strengthen & <i>Stretch</i> Patricia		Strengthen & <i>Stretch</i> Patricia		ABC Class OmcORE Instructor
11:30am	Pure Ride Kate						
5:45pm		ABC Class Kat		Barre Fusion Patricia			
6:00pm			Pure Ride Elaine		Pure Ride Kat		
6:45pm		<i>Warm Flow Yoga</i> Jonny		<i>Hot Power Yoga</i> Blair			