

# OMCORE yoga + body Weekly Class Schedule January 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	Pure Ride Kelley / Patricia	
8:00am							Pure Ride OmcORE Instructor
8:15am		Pure Ride Kate	ABC Class Patricia	<i>Hot Power Yoga</i> Patricia	ABC Class Patricia	Pure Ride Patricia	
9:15am							<i>Hot Power Yoga</i> Patricia
9:30am		<i>Hot Power Yoga</i> Blair	ABC @ The Barre Patricia	Pure Ride Patricia	ABC @ The Barre Patricia	<i>Hot Power Yoga</i> Ellen Grace	
10:00am	<i>Slow Flow Yoga</i> OmcORE Instructor						
10:45am			Strengthen & <i>Stretch</i> Patricia	LIIT & <i>Stretch</i> (Low Intensity Interval Training) Kate	Strengthen & <i>Stretch</i> Patricia		ABC Class OmcORE Instructor
11:30am	Pure Ride Kate						
11:45am				<i>Prenatal Yoga</i> Patricia			
4:30pm	<i>Hot Power Yoga</i> Ellen Grace						
4:45pm			<i>Slow Flow Yoga</i> Jessica		<i>Yin Yoga</i> Jessica		
5:30pm		ABC Class Kate		ABC @ The Barre Kate			
6:15pm			Pure Ride Elaine		Pure Ride Kat		
6:30pm		<i>Slow Flow Yoga</i> Jonny		<i>Hot Power Yoga</i> Blair			