

OMCORE yoga + body

Weekly Class Schedule

SEPTEMBER 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
6:00am			Power Yoga 45 Blair				
7:00am		Pure Ride Kelley	HIIT Fusion Kate	Pure Ride Kelley	HIIT Fusion Elaine	Pure Ride Kelley	
8:00am							Pure Ride OmcORE Instructor
8:15am		Pure Ride Kate	*Barre in Studio Cassie *The OC Method @ The Vine Patricia	Hot Power Yoga Patricia	HIIT Fusion Cassie	Pure Ride Patricia	
9:15am							Hot Power Yoga @ The Vine Patricia
9:30am		Hot Power Yoga Blair	Barre Cassie	Bikes + Bands Patricia	Barre Cassie	YogaSculpt Patricia	
10:00am	Low Heat Slow Flow Yoga Michael Marie						
10:45am			Strength & Stretch Patricia		Strength & Stretch Patricia		Barre OmcORE Instructor
11:30am	Sunday Sweat Ride Kate						
4:30pm			Low Heat Slow Flow Yoga Jessica		Low Heat Slow Flow Yoga Jessica		
5:30pm		Barre OmcORE Instructor		Barre OmcORE Instructor			
6:00pm			Pure Ride Rayna		Pure Ride Michael Marie		
6:30pm		Low Heat Slow Flow Yoga Michael Marie		Hot Power Yoga Blair			