

OMCORE yoga + body Weekly Class Schedule October 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	HIIT Fusion Elaine	Pure Ride Kelley	HIIT Fusion Elaine	Pure Ride Kelley	
8:00am							Pure Ride OmcORE Instructor
8:15am		Pure Ride Patricia	ABC Class Ellen Grace	<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 Barre Patricia		ABC Barre Ellen Grace	<i>Hot Power Yoga</i> Ellen Grace	
9:45am				Pure Ride Patricia			
10:00am	<i>Slow 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 Erin						
4:45pm			<i>Hot Power Yoga</i> Tannis		<i>Slow Flow Yoga</i> Tannis		
5:45pm		ABC Class Kat		ABC Barre Patricia			
6:15pm			Pure Ride Elaine		Pure Ride Kat		
6:45pm		<i>Slow Flow Yoga</i> Jonny		<i>Hot Power Yoga</i> Blair			