

OMCORE Weekly Class Schedule JULY 2025

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		Pure Ride		Pure Ride		Pure Ride	
7:00am			CardioSculpt		CardioSculpt		
8:00am							Pure Ride
8:15am		Ritual Ride	CardioSculpt	Ritual Ride	CardioSculpt	Ritual Ride	
9:00am	Slow Flow Yoga						
9:15am							Hot Power Yoga
9:30am		Hot Power Yoga	OMCORE Barre	Hot Power Yoga	OMCORE Barre	YogaSculpt	
10:45am	Pure Ride		Strengthen & Stretch		Strengthen & Stretch		ABC: Arms, Booty, Core
4:30pm			Slow Flow Yoga	Pure Ride			
5:45pm		ABC: Arms, Booty, Core		OMCORE Barre			
6:00 pm			Pure Ride		Pure Ride		
6:45pm				Hot Power Yoga			