

**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 Cassie	Hot Power Yoga Patricia	The OC Method Patricia	Pure Ride Patricia	
9:15am							Hot Power Yoga Patricia
9:30am		Hot Power Yoga Blair	Barre Cassie	Bikes + Bands Patricia	Barre Patricia	YogaSculpt Cassie	
10:00am	Low Heat Slow Flow Yoga Michael Marie						
10:45am			Strengthen + Stretch Yoga Patricia		Strengthen + Stretch Yoga Patricia		Barre OmcORE Instructor
11:30am	Sunday Sweat Ride Kate						
5:30pm		Barre Lexie		Barre Lexie			
6:00pm			Pure Ride Helen		Pure Ride Helen		
6:30pm		Low Heat Slow Flow Yoga Michael Marie		Hot Power Yoga Blair			