

OMCORE yoga + body Weekly Class Schedule NOVEMBER 2023

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 Arms, Booty, Core Kate	<i>Hot Power Yoga</i> Patricia	ABC Class Arms, Booty, Core Patricia	Pure Ride Patricia	
9:15am							<i>Hot Power Yoga</i> Patricia / Blair
9:30am		<i>Hot Power Yoga</i> Blair	Arms, Booty, Core <i>@ The Barre</i> Patricia	Bikes & Bands Patricia	Arms, Booty, Core <i>@ The Barre</i> Patricia	<i>YogaSculpt</i> Patricia / Kate	
10:00am	<i>Slow Flow Yoga</i> Jessica						
10:45am			Strengthen & <i>Stretch</i> Patricia		Strengthen & <i>Stretch</i> Kate		ABC Class Arms, Booty, Core Omcore Instructor
11:30am	<i>Cycle & Stretch</i> Kate						
4:45pm			<i>Hot Slow Flow Yoga</i> Jessica		<i>Yin Yoga</i> Jessica		
5:30pm		ABC Class Arms, Booty, Core Kate		Arms, Booty, Core <i>@ The Barre</i> Kate			
6:15pm			Pure Ride Elaine		Pure Ride Kat		
6:30pm		<i>Hatha Soul Flow</i> Jonny		<i>Hot Power Yoga</i> Blair			

* PLEASE CHECK MINDBODY SCHEDULE FOR CHANGES AND THANKSGIVING SCHEDULE! *