

OMCORE Weekly Class Schedule MAY 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	HIIT Fusion	Pure Ride	HIIT Fusion	Pure Ride	
8:00am							Pure Ride
8:15am		Ritual Ride	CardioSculpt	Hot Power Yoga	CardioSculpt	Ritual Ride	
9:00am	Slow Flow Yoga						
9:15am							Hot Power Yoga
9:30am		Hot Power Yoga	OMCORE Barre	Ritual Ride	OMCORE Barre	YogaSculpt	
10:45am	Pure Ride		Strengthen & Stretch		Strengthen & Stretch		CardioSculpt
11:00am		Yin Yoga		Gentle Restorative Yoga			
4:30pm				Pure Ride			
4:45pm			Hot Power Yoga				
5:45pm		ABC Class		OMCORE Barre			
6:15pm			Pure Ride		Pure Ride		
6:45pm		Slow Flow Yoga		Hot Power Yoga			