

# OMCORE yoga + body

Weekly Class Schedule

DECEMBER 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	HIIT Fusion	Pure Ride	HIIT Fusion	Pure Ride	
8:00am							Pure Ride
8:15am		Pure Ride	ABC Class Arms, Booty, Core	<i>Hot Power Yoga</i>	ABC Class Arms, Booty, Core	Pure Ride	
9:15am							<i>Hot Power Yoga</i>
9:30am		<i>Hot Power Yoga</i>	Arms, Booty, Core @ The Barre	Pure Ride	Arms, Booty, Core @ The Barre	<i>Hot Power Yoga</i>	
10:00am	<i>Slow Flow Yoga</i>						
10:45am			Strengthen & <i>Stretch</i>		Strengthen & <i>Stretch</i>		ABC Class Arms, Booty, Core
11:30am	Pure Ride						
4:45pm			<i>Hot Power Yoga</i>		<i>Slow Flow Yoga</i>		
5:45pm		ABC Class Arms, Booty, Core		Arms, Booty, Core @ The Barre			
6:15pm			Pure Ride		Pure Ride		
6:45pm		<i>Slow Flow Yoga</i>		<i>Hot Power Yoga</i>			