

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	PURE MOBILITY STRETCH	LOW IMPACT MAT	HIIT	TOTAL BODY SCULPT	HIIT		
		IYENGAR YOGA	IYENGAR SPECIALTY YOGA (FOR STUDENTS WITH PREVIOUS EXPERIENCE)	IYENGAR YOGA			
9:00 AM	SCULPT ROW		REFORMER		REFORMER	CYCLE CORE	REFORMER RECORDED (THIS IS AVAILABLE FOR THE WEEK)
9:30 AM	HIIT	TOTAL BODY SCULPT	SCULPT ROW	PILATES MAT	SCULPT ROW	SCULPT ROW	CYCLE
10:00 AM	IYENGAR SPECIALTY YOGA (FOR STUDENTS WITH PREVIOUS EXPERIENCE)	BARRE FUSION	PURE MOBILITY STRETCH		IYENGAR SPECIALTY YOGA (FOR STUDENTS WITH PREVIOUS EXPERIENCE)	YOGA FLOW	SCULPT ROW
10:30AM		CYCLE CORE		CYCLE	BARRE FUSION		
				LOW IMPACT MAT			
<p><b><i>PLEASE CHECK OUR APP FOR ANY MODIFICATIONS TO THE SCHEDULE THAT MAY OCCUR*</i></b>  <b><i>PLEASE NOTE* Monday/Wednesday &amp; Friday Iyengar Recordings as well as Reformer Wednesday &amp; Friday WILL NOT be sent out. There will be a recorded version available for all the other classes for 12hrs following the original time of that class.</i></b></p>							