

YELLOW MONKEY WELLNESS

Advance registration is required for all group fitness classes



Schedule is subject to change.
Please check live schedule at YELLOWMONKEYWELLNESS.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am	HOT POWER HOUR WITH KATHERINE	HOT POWER HOUR WITH KATHERINE	HEATED YOGA SCULPT WITH KATHERINE	BARRE WITH JEN	HOT POWER HOUR WITH LISA		90 MIN HOT VINYASA WITH LISA
9am						BARRE WITH ABIGAIL	PILATES SCULPT (NO HEAT)
9:30am	75 MIN HOT VINYASA WITH AMANDA	BARRE WITH ABIGAIL	75 MIN HOT VINYASA WITH KATHERINE	75 MIN HOT VINYASA WITH NEELY	HOT POWER HOUR WITH KRISTEN	75 MIN HOT VINYASA WITH KRISTEN	PILATES SCULPT WITH SOFIA
10am	MAT PILATES WITH CINDY	HOT POWER HOUR WITH LISA	BOXING WITH JULIO	SCULPT & STRETCH (NO HEAT) WITH SOFIA	BARRE WITH LORI	PILATES SCULPT (NO HEAT)	75 MIN HOT VINYASA WITH MICHELLE
11:30am	HEATED PILATES SCULPT WITH SOFIA	HEATED PILATES SCULPT WITH MAKENA			HEATED YOGA SCULPT WITH MAKENA	HEATED PILATES SCULPT	HEATED PILATES SCULPT WITH SOFIA
12pm			HOT POWER HOUR WITH NEELY	POWER PILATES (NO HEAT) WITH ANDREA	NO HEAT VINYASA WITH JEN		
4pm							YIN YOGA (NO HEAT) WITH LEA ANN
5:30pm	CARDIO KICKBOXING WITH PERCY	BARRE WITH JEN	HOT POWER HOUR WITH DANI	MAT PILATES WITH CINDY			
6:30pm		HOT POWER HOUR WITH JEN	BOXING WITH GERARD	HOT POWER HOUR WITH KRISTEN			