YELLOW MONKEY WELLNESS Advance registration is required for all group fitness classes



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

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	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	BAR <mark>RE W</mark> ITH ABI <mark>GAI</mark> L	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 <mark>PILATES</mark> SCULPT WITH SOFIA	HEATE <mark>D PIL</mark> ATES SCULPT WITH MAKENA			HEATED YOGA SCULPT WITH MAKENA	HEATED PILATES SCULPT	HEATED PILATES SCULPT WITH SOFIA
12pm			HOT POWER HOUR WITH NEELY				
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			
	9am 9:30am 10am 11:30am 12pm 4pm 5:30pm	8:15am HOT POWER HOUR WITH KATHERINE 9am 75 MIN HOT VINYASA WITH AMANDA 10am MAT PILATES WITH CINDY 11:30am SCULPT WITH SOFIA 12pm 4pm CARDIO KICKBOXING WITH PERCY	MONDAY 8:15am HOT POWER HOUR WITH KATHERINE 9am 75 MIN HOT VINYASA WITH ABIGAIL 10am MAT PILATES WITH CINDY HEATED PILATES SCULPT WITH SOFIA 12pm CARDIO KICKBOXING WITH PERCY HOT POWER HOUR WITH LISA HEATED PILATES SCULPT WITH MAKENA HEATED PILATES HEATED PILATES SCULPT WITH MAKENA HEATED PILATES HEATED PILATES SCULPT WITH MAKENA HEATED PILATES SCULPT WITH MAKENA HOT POWER	8:15am HOT POWER HOT POWER HOUR WITH KATHERINE 9am 75 MIN HOT VINYASA WITH AMANDA 10am MAT PILATES WITH CINDY 11:30am HEATED PILATES SCULPT WITH MAKENA 12pm CARDIO KICKBOXING WITH PERCY 6:30pm CARDIO KICKBOXING WITH PERCY HOT POWER HOUR WITH JEN HOT POWER HOUR WITH JEN HOT POWER HOUR WITH JEN HOT POWER HOUR WITH NEELY HOT POWER HOUR WITH NEELY HOT POWER HOUR WITH NEELY HOT POWER HOUR WITH JEN HOT POWER HOUR WITH DANI	8:15am HOT POWER HOUR WITH KATHERINE Pam P:30am P:30am WITH AMANDA HOUR WITH ABIGAIL WITH CINDY WIT	MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY 10 am MAT PILATES WITH CINDY WEDNESDAY HOT POWER HOUR WITH KATHERINE HOT POWER HOUR WITH ABIGAIL HOT POWER HOUR WITH LISA BARRE WITH ABIGAIL HOT POWER HOUR WITH LISA BOXING WITH SOFIA HEATED PILATES SCULPT WITH MAKENA HEATED PILATES SCULPT WITH MAKENA HEATED PILATES SCULPT WITH MAKENA HOT POWER HOUR WITH LISA 12 pm CARDIO KICKBOXING WITH JEN CARDIO WITH JEN WITH DANN FRIDAY HOT POWER HOUR WITH JEN HOT POWER HOUR WITH JEN WITH CINDY BARRE WITH JEN HOT POWER HOUR WITH DANN HOT POWER HOUR WITH JEN HOT POWER HOUR WITH DANN HOT POWER HOUR WITH JEN HOT POWER HOUR WITH CINDY BOXING WITH JEN HOT POWER HOUR WITH JEN HOT POWER HOUR WITH JEN HOT POWER HOUR WITH H	8:15am HOT POWER HOUR WITH KATHERINE HOUR WITH KATHERINE RATHERINE HOUR WITH KATHERINE HOUR WITH KATHERINE HOUR WITH KATHERINE HOUR WITH LISA SCULPT WITH KATHERINE HOUR WITH ABIGAIL 9:30am 75 MIN HOT VINYASA WITH AMANDA HOT POWER HOUR WITH LISA HOT POWER HOUR WITH LISA SCULPT & STRETCH (NO HEAT) WITH SOFIA HEATED PILATES SCULPT WITH SOFIA HEATED PILATES SCULPT WITH SOFIA HOUR WITH SOFIA HEATED PILATES SCULPT WITH SOFIA HEATED PILATES SCULPT WITH SOFIA HEATED PILATES SCULPT WITH MAKENA HOUR WITH NEELY NO HEAT VINYASA WITH ANDREA NO HEAT VINYASA WITH JEN HOT POWER HOUR WITH JEN HOT POWER