

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
8am			BOXING	BARRE			HOT VINYASA 90 MIN
8:15am	HOT POWER HOUR	HOT POWER HOUR	HOT POWER HOUR	HOT POWER HOUR	HOT POWER HOUR		
9:15am			BOXING			HOT POWER HOUR	
9:30am	HOT VINYASA	HOT POWER HOUR	HOT POWER HOUR	HOT VINYASA	HOT POWER HOUR		
10am				SCULPT & STRETCH (NO HEAT)			HOT VINYASA 75 MIN
10:30am						HOT VINYASA	
11:30am	HEATED YOGA SCULPT	HEATED YOGA SCULPT	BARRE		HEATED PILATES SCULPT		
12pm			HOT POWER HOUR	POWER PILATES			
4pm							YIN YOGA
5pm			HOT POWER HOUR				
5:30pm	CARDIO KICKBOXING	BARRE					
6:30pm		HOT POWER HOUR	BOXING	HOT POWER HOUR			