

Journey To Be Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Strength (9:00 – 10:00am) (Margaret)	Abs, ASSETS & More (9:00 – 10:00am) (Melissa)	Hatha Yoga (9:00–10:00am) (Margaret)	Circuit Training (9:00-10:00am) (Margaret)	Flow Yoga (9:00–10:00am) (Melissa)	Abs, ASSETS & More (9:00–10:00am) (Melissa)	
Hatha Yoga (10:30 – 11:30am) (Laurie)	Flow Yoga (10:30–11:30am) (Melissa)	Chair Yoga (10:30 – 11:30am) (Margaret)	Hatha Yoga (10:30 – 11:30am) (Margaret)	Functional Strength (10:30 – 11:30am) (Melissa)		
				Hatha Yoga (5:00 – 6:00pm) (Kelly)		
Trapeze Yoga (6:30 – 7:30pm) (Melissa)	Circuit Training (6:30 – 7:30pm) (Melissa)	Yang/Yin Yoga (6:30 – 7:30pm) (Melissa)	Abs, ASSETS & More (6:30 – 7:30pm) (Kelly)			