

# Journey To Be Schedule

| Monday                                                             | Tuesday                                                              | Wednesday                                                            | Thursday                                                          | Friday                                                              | Saturday                                                                             | Sunday |
|--------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------|
| <b>Functional Strength</b><br>(9:00 – 10:00am)<br><b>(Melissa)</b> | <b>Abs, ASsets &amp; More</b><br>(9:00 – 10:00am)<br><b>(Laurie)</b> | <b>Hatha Yoga</b><br>(9:00–10:00am)<br><b>(Margaret)</b>             | <b>Circuit Training</b><br>(9:00-10:00am)<br><b>(Margaret)</b>    | <b>Mat Pilates</b><br>(9:00 – 10:00am)<br><b>(Melissa)</b>          | <b>Abs, ASsets &amp; More</b><br>(9:00–10:00am)<br><b>(Melissa)</b>                  |        |
| <b>Hatha Yoga</b><br>(10:30 – 11:30am)<br><b>(Laurie)</b>          | <b>Flow Yoga</b><br>(10:30–11:30am)<br><b>(Stacy)</b>                | <b>Functional Strength</b><br>(10:30 – 11:30am)<br><b>(Margaret)</b> | <b>Hatha Yoga</b><br>(10:30 – 11:30am)<br><b>(Margaret)</b>       | <b>Functional Strength</b><br>(10:30 – 11:30am)<br><b>(Melissa)</b> | <b>Rolling Relief</b><br>(10:15 – 11:15am)<br><b>(Melissa)</b>                       |        |
|                                                                    |                                                                      |                                                                      |                                                                   |                                                                     |                                                                                      |        |
| <b>Mat Pilates</b><br>(5:00 – 6:00pm)<br><b>(Melissa)</b>          |                                                                      |                                                                      |                                                                   | <b>Hatha Yoga</b><br>(5:00 – 6:00pm)<br><b>(Kelly)</b>              |  |        |
| <b>Trapeze Yoga</b><br>(6:30 – 7:30pm)<br><b>(Melissa)</b>         | <b>Circuit Training</b><br>(6:30 – 7:30pm)<br><b>(Melissa)</b>       | <b>Yang/Yin Yoga</b><br>(6:30 – 7:30pm)<br><b>(Melissa)</b>          | <b>Functional Strength</b><br>(6:30 – 7:30pm)<br><b>(Melissa)</b> |                                                                     |                                                                                      |        |