


Journey To Be Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga (9:00-10:00am) (Melissa)	Yoga Flow (9:00-10:00am) (Melissa)	Gentle Strength (9:00 - 10:00am) (Jen)	Core Fusion (9:00 - 9:45am) (Melissa)	Circuit Training (9:00-9:45am) (Jen)	Abs & ASSETS (9:30 - 10:30am) (Alex)	
Circuit Training (10:30 - 11:15am) (Alex)		Abs & ASSETS (10:30 - 11:30am) (Alex)	Hatha Yoga (10:00 - 11:00am) (Melissa)	Gentle Strength (10:30 - 11:30am) (Jen)		
Gentle Mobility+ (1:00 - 2:00pm) (Melissa)						
		TRX Yoga Flow (4:15 - 5:15pm) (Kelly)				
Yoga Trapeze (5:15 - 6:15pm) (Melissa)	TRX Suspension Training (5:30 - 6:15pm) (Melissa)	Dance Party! (5:30 - 6:15pm) (Jen)	Yoga Trapeze (5:15 - 6:15pm) (Melissa)	Strength & Stretch (5:15 - 6:15pm) (Jen)		
Core Fusion (6:30 - 7:15pm) (Melissa)	Hatha Yoga (6:30 - 7:30pm) (Melissa)	Strength & Stretch (6:30 - 7:30pm) (Melissa)	Yang/Yin Yoga (6:30 - 7:30pm) (Melissa)			
Abs & ASSETS (7:30 - 8:30pm) (Jen)		Hatha Yoga (7:45 - 8:45pm) (Melissa)				Yin Yoga (7:00 - 8:00pm) (Melissa)