


# Journey To Be Schedule

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