

Journey To Be Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training (9:00 – 9:45am) (Melissa)	Hatha Yoga (9:00–10:00am) (Melissa)	Functional Strength (9:00 – 10:00am) (Melissa)	Abs & ASSETS (9:00 – 10:00am) (Melissa)	Circuit Training (9:00-9:45am) (Melissa)		
Hatha Yoga (10:30 – 11:30am) (Margaret)		Functional Yoga (10:30 – 11:30am) (Margaret)	Hatha Yoga (10:30 – 11:30am) (Margaret)	Functional Strength (10:30 – 11:30am) (Melissa)		
Functional Yoga (1:00 – 2:00pm) (Melissa)						
				Hatha Yoga (4:00 – 5:00pm) (Kelly)		
Abs & ASSETS (6:00 – 7:00pm) (Melissa)	Circuit Training (5:30 – 6:15pm) (Melissa)	Strength & Mobility (6:00 – 7:00pm) (Melissa)	Yoga Trapeze (5:15 – 6:15pm) (Melissa)	Strength & Mobility (5:30 – 6:30pm) (Melissa)		
	Hatha Yoga (6:30 – 7:30pm) (Kelly)	Yoga Trapeze (7:15 – 8:15pm) (Melissa)	Yin & Restore (7:00 – 8:00pm) (Kelli)			