

# Journey To Be Schedule

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