


Journey To Be Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Strength (9:00 - 10:00am) (Melissa)	Abs, ASsets & More (9:00 - 10:00am) (Melissa)	Hatha Yoga (9:00-10:00am) (Margaret)	Circuit Training (9:00-10:00am) (Margaret)	Flow Yoga (9:00-10:00am) (Melissa)	Abs, ASsets & More (9:00-10:00am) (Melissa)	
Hatha Yoga (10:30 - 11:30am) (Laurie)	Flow Yoga (10:30-11:30am) (Stacy)	Functional Strength (10:30 - 11:30am) (Margaret)	Hatha Yoga (10:30 - 11:30am) (Margaret)	Functional Strength (10:30 - 11:30am) (Melissa)	Rolling Relief (10:30 - 11:30am) (Melissa)	
				Hatha Yoga (5:00 - 6:00pm) (Kelly)		
Trapeze Yoga (6:30 - 7:30pm) (Melissa)	Circuit Training (6:00 - 7:00pm) (Melissa)	Yang/Yin Yoga (6:30 - 7:30pm) (Melissa)	Abs, ASsets & More (6:00 - 7:00pm) (Melissa)			
	Rolling Relief (7:15 - 8:15pm) (Melissa)					