


# Journey To Be Schedule

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