


Journey To Be Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga (9:00 - 10:00am) (Melissa)	Yoga (9:00-10:00am) (Melissa)		Yoga (9:00 - 10:00am) (Melissa)	Circuit Training (9:00-9:45am) (Jen)	TRX Yoga Flow (9:45 - 10:45am) (Melissa)	
Circuit Training (10:30 - 11:15am) (Alex)		Gentle Strength (10:00 - 11:00am) (Jen)	Gentle Yoga (10:30 - 11:30am) (Melissa)			
Gentle Mobility+ (1:00 - 2:00pm) (Melissa)						
Yoga Trapeze (5:15 - 6:15pm) (Melissa)	Circuit Training (5:30 - 6:15pm) (Melissa)	Dance Party! (5:30 - 6:15pm) (Jen)	Yoga Trapeze (5:15 - 6:15pm) (Melissa)	Strength & Stretch (5:15 - 6:15pm) (Jen)		
Gentle Strength (6:30 - 7:30pm) (Jen)	Gentle Yoga (6:30 - 7:30pm) (Melissa)	Strength & Stretch (6:30 - 7:30pm) (Melissa)	Yang/Yin Yoga (6:30 - 7:30pm) (Melissa)	Dance Party! (6:30 - 7:30pm) (Jen)		
		TRX Yoga Flow (7:45 - 8:45pm) (Melissa)				