

Class Schedule

WEEK: December 1 - December 7

**Mon.
Dec 1**

**6AM | Hatha Flow Yoga
6PM | Total Body Basics**

**Tue.
Dec 2**

**530AM | Small Group
6PM | Power Sculpt**

**Wed.
Dec 3**

**6AM | Yoga Sculpt
9AM | Total Body Basics
1030AM | Power Sculpt**

**Thu.
Dec 4**

**4PM | Small Group
6PM | Station Strength**

**Fri.
Dec 5**

**530AM | Power Sculpt
6PM | Small Group**

**Sat.
Dec 6**

**7AM | SWEAT
830AM | Hybrid Training**