



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Functional HIIT STUDIO + ZOOM 5:45 – 6:30	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45	Functional HIIT STUDIO + ZOOM 5:45 – 6:30	Rise & Shine Yoga STUDIO + ZOOM 5:45 – 6:45	Functional HIIT STUDIO + ZOOM 5:45 – 6:30	Functional HIIT STUDIO + ZOOM 6:00 – 6:45	
					MAT PILATES STUDIO + ZOOM 6:45 – 7:30	
HATHA Yoga STUDIO + ZOOM 9:15 – 10:15	MAT PILATES ZOOM 9:15 – 10:00	HATHA Yoga STUDIO + ZOOM 9:15 – 10:15	MAT PILATES ZOOM 9:15 – 10:00	MAT PILATES ZOOM 9:15 – 10:00	Hatha Flow Yoga STUDIO + ZOOM 8:15 – 9:15	
	HATHA/YIN Yoga STUDIO + ZOOM 5:45 – 7:00		YIN Yoga STUDIO + ZOOM 5:45 – 6:55			RESTORATIVE/ Yoga NIDRA STUDIO + ZOOM 3:00 – 4:15
		HATHA Flow Yoga STUDIO + ZOOM 6:35 – 7:35				
HATHA Flow Yoga STUDIO + ZOOM 7:15 – 8:15						