

## MONDAY

- 5:30-6:15am** Bootcamp -Jen
- 8:15-9am** Vinyasa Yoga Flow - Noelle
- 9:15-10am** Strength/Cardio - Kathleen
- 10:15-11am** Essentrics - Suzann
- 5-5:45pm** Bootcamp - Jen

## TUESDAY

- 6:30-7am** Core Blast - Melissa
- 8:15-9:15am** TRX - Katie
- 9:30-10:30am** Barre - Noelle
- 6-6:45pm** Yoga Flow - Victoria

## WEDNESDAY

- 5:30-6:15am** Bootcamp -Jen
- 8:15-9am** Flow Yoga - Sherri
- 9:15-10am** Strength/Cardio - Kathleen
- 10:15-11am** Just Yoga - Victoria
- 5:30-6:15pm** Yin Yoga Flow - Victoria

## THURSDAY

- 6:30-7am** Shred30 - Melissa
- 8:15-9am** Vinyasa Yoga Flow- Noelle
- 9:15-10am** HIIT - Kathleen
- 10:15-11am** Essentrics (Previously named, Strengthen & Stretch) - Suzann

## FRIDAY

- 6:30-7:15am** Bootcamp -Jen
- 9:15-10am** Step & Strength - Jen

## SATURDAY

- 8:15-9:00am** Sunrise Yoga - Leslie
- 9:15-19am** Yoga/Core Fusion - Melissa