

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	<b>Strong Yoga Flow</b> 7:00am 45 mins	<b>Hot Yoga</b> 7:00am 45 mins	<b>Express Cardio Pilates</b> 7:00am 45 mins	<b>Warm Flow Yoga</b> 7:00am 45 mins	<b>Express Cardio Pilates</b> 7:00am 45 mins		
8:00 AM	<b>Sunrise Barre</b> 7:45am 45 mins	<b>Express Power Yoga</b> 7:45am 45 mins	<b>Sunrise Barre</b> 7:45am 45 mins	<b>Sunrise Barre</b> 7:45am 45 mins	<b>OSLO Bootcamp</b> 7:45am 45 mins	<b>Vinyasa Yoga</b> 8:00am 60 mins	
9:00 AM						<b>Hot Yoga</b> 9:00am 60 mins	<b>Restorative Pilates</b> 9:00am 60 mins
10:00 AM					<b>Barre</b> 9.45am 45 mins		<b>OSLO Bootcamp</b> 10:00am 45 mins
11:00 AM		<b>Mummy &amp; Me Yoga &amp; Pilates Fusion</b> 10:30am 60 mins		<b>Mummy &amp; Me Yoga &amp; Pilates Fusion</b> 10:15am 60 mins		<b>Sunrise Barre</b> 10:15am 60 mins	
12:00 PM						<b>OSLO Bootcamp</b> 11:15am 45 mins	<b>Cardio Pilates</b> 11:00am 60 mins
1:00 PM	<b>OSLO Bootcamp</b> 12:30pm 45 mins	<b>Express Cardio Pilates</b> 12:30pm 45 mins	<b>Strength &amp; Conditioning</b> 12:30pm 45 mins	<b>Express Cardio Pilates</b> 12:30pm 45 mins	<b>Express Cardio Pilates</b> 12:30pm 45 mins	<b>Warm Flow Yoga</b> 12:15pm 60 mins	<b>Vinyasa Yoga</b> 12:15pm 60 mins
2:00 PM	<b>Barre</b> 1:15pm 45 mins	<b>Express Power Yoga</b> 1:15pm 45 mins	<b>OSLO Bootcamp</b> 1:15pm 45 mins	<b>Rip:60 Suspension</b> 1:15pm 45 mins	<b>Strength &amp; Conditioning</b> 1:15pm 45 mins	<b>Sun Series</b> 1:30pm 60 mins	<b>Yin/Yang</b> 1:30pm 75 mins
3:00 PM				<b>Pregnancy Yoga &amp; Pilates Fusion</b> 2:30pm 60 mins			
4:00 PM							
5:00 PM							
6:00 PM	<b>Vinyasa Yoga</b> 5:30pm 60 mins	<b>Barre</b> 5:30pm 60 mins	<b>Mindful Glow &amp; Flow</b> 5:30pm 60 mins	<b>Warm Flow Yoga</b> 5:30pm 60 mins	<b>Barre</b> 5:15pm 60 mins		
7:00 PM	<b>Strong Flow Yoga</b> 6:30pm 60 mins	<b>Barre</b> 6:30pm 60 mins	<b>Pregnancy Yoga</b> 6:30pm 60 mins	<b>Barre</b> 6:30pm 60 mins	<b>Restorative Yoga</b> 6:30pm 60 mins		
8:00 PM	<b>Yin Yoga</b> 7:45pm 60 mins	<b>Astanga Yoga</b> 7:30pm 60 mins	<b>Warm Flow Yoga</b> 7:30pm 60 mins	<b>Candlelit Flow &amp; Restore Yoga</b> 7:30pm 60 mins			
<b>Exercise Style Guide</b>		Yoga	Pregnancy	Barre	Cardio Pilates	OSLO Bootcamp	Strength & Conditioning