|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  |  | **7:15am**  **CYCLE & WEIGHTS**  **MARIJA** | **8:15am**  **YOGA**  **JIM / ROSE** |
| **6:15am**  **TOTAL BODY CONDITIONING**  **MARIJA** |  | **6:15am**  **TOTAL BODY CONDITIONING**  **MARIJA** |  |  | **8:15am**  **YOGA – Hatha**  **JIM** |  |
| **9:15am**  **CYCLE**  **MARIJA** |  |  |  | **9:15am**  **TOTAL BODY CONDITIONING**  **MARIJA** | **9:15am**  **CYCLE**  **ASHLEY** |  |
|  | **10:15am**  **YOGA – Slower Flow**  **ROSE** |  | **10:15am**  **YOGA – Hatha**  **Flow & Stretch**  **SHARON** |  |  |  |
|  |  |  |  |  |  |  |
| **5:15pm**  **TOTAL BODY CONDITIONING**  **ASHLEY** | **5:15pm**  **CYCLE**  **ASHLEY** | **5:15pm**  **TOTAL BODY CONDITIONING**  **ASHLEY** | **4:15pm**  **CYCLE**  **ASHLEY** |  |  |  |
|  |  |  |  |  |  |  |
| **7:15pm**  **YOGA – Hatha**  **Flow & Stretch**  **JIM** |  |  | **7:15pm**  **YOGA – Hatha**  **JIM** |  |  |  |

**Class Schedule – August 3rd – August 30th**