

# OMCORE yoga + body Weekly Class Schedule June 2017

*\*Please check class descriptions and sign up for class at [www.omcoreyoga.com](http://www.omcoreyoga.com) or on the MindBody Connect App\**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am		Barre (45m) Lacey	Hot Core Fusion (45m) Ayla	Barre (45m) Chrissy	Wake-Up Yoga (45m) Chrissy	Pure Ride (45m) Julie	
8:15am		Hot Power Yoga (60m) Patricia	Barre (45m) Patricia	Hot Power Yoga (60m) Patricia	Barre (45m) Patricia	Barre (45m) Julie	
8:30am						Pure Ride (45m) Patricia	
9:00am							Hot Power Yoga (60m) Patricia
9:15am			Barre (45m) Chrissy		Barre (45m) Julie		
9:30am		Pure Ride (45m) Patricia		Pure Ride (45m) Lacey		Hot Power Yoga (60m) Chrissy	
10:00am							
10:30am			Triple "S" Yoga (60m) Patricia	Gentle Yoga (60m) Chrissy	Triple "S" Yoga (60m) Patricia		Ride + Stretch (45 Ride / 15 Stretch) Patricia
10:30am							Barre (60m) Chrissy
5:30pm		Barre (45m) Chrissy	Hot Power Yoga (60m) Patricia	Barre (60m) Patricia	Hot Core Fusion (60m) Ayla		
5:45pm		Pure Ride (45m) Patricia	Pure Ride (45m) Chrissy	Pure Ride (45m) Chrissy / Ayla	Throwback Thursday Ride (45m) Julie		
6:45pm		Hot Power Yoga (60m) Chrissy	Hot Core Fusion (60m) Ayla	80* Sport Yoga (45m) Ayla	Restorative Yoga (60m) April		