

OMCORE yoga + body Weekly Class Schedule December 2017

Please check class descriptions and sign up for class at www.omcoreyoga.com or on the MindBody Connect App

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|---|---|---|--|--|
| 7:00am | Barre (45m) Chrissy | Hot Core Fusion (45m) Ayla | Ride (45m) Patricia | Hot Core Fusion (45m) Ayla | Yoga Sculpt (45m) Chrissy | |
| 8:15am | Hot Power Yoga (60m) Lee | Barre (45m) Patricia | Hot Power Yoga (60m) Patricia | Barre (45m) Patricia | Barre (45m) Chrissy | |
| 8:30am | | | | | Pure Ride (45m) Patricia | |
| 9:00am | | | | | | Hot Power Yoga (60m) Patricia |
| 9:15am | | Barre (45m) Chrissy | | Barre (45m) Chrissy | | |
| 9:30am | Pure Ride (45m) Patricia / Chrissy | | Cycle Fusion (45m) Patricia | | Hot Power Yoga (60m) Patricia | |
| 10:30am | Slow Flow Yoga (60m) Lee | Triple "S" Yoga (60m) Patricia | Gentle Yoga (60m) Chrissy | Triple "S" Yoga (60m) Patricia | | Barre (60m) Chrissy |
| 10:30am | | | | | | Cycle Fusion (45m) Patricia |
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| 5:30pm | Barre (45m) Chrissy | Hot Power Yoga (60m) Lee | Barre (60m) Patricia | Hot Core Fusion (60m) Ayla | | |
| 5:45pm | Pure Ride (45m) Patricia | Pure Ride (45m) Chrissy | Pure Ride (45m) Ayla | Pure Ride (45m) Patricia / Chrissy | | |
| 6:45pm | Hot Power Yoga (60m) Chrissy | Hot Core Fusion (60m) Ayla | Hot Flow Deep Stretch (60m) Ayla | Restorative Chakra Yoga (60m) - Through Dec 21 April | | |