

OMCORE yoga + body

Weekly Class Schedule

April 2018

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am		Barre (45m) Kelsi	Hot Core Fusion (45m) Ayla	Pure Ride (45m) Patricia / Chrissy	Hot Core Fusion (45m) Ayla	Yoga Sculpt (45m) Chrissy	
8:00am							Pure Ride (45m) Tina
8:15am		Hot Power Yoga (60m) Lee	Barre (45m) Patricia	Hot Power Yoga (60m) Patricia	Barre (45m) Patricia	Barre (45m) Kelsi	
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		Cycle Fusion (45m) Patricia		Hot Power Yoga (60m) Lee	
10:00am	Pure Ride (45m) Lee						
10:30am		Slow Flow Yoga (60m) Lee	Triple "S" Yoga (60m) Patricia	Gentle Yoga (60m) Chrissy	Triple "S" Yoga (60m) Patricia		Cycle Fusion (45m) Patricia
10:30am							Barre (60m) Chrissy
11:30am	Hot Flow Deep Stretch (90m) Lee						
12:00pm				Prenatal Yoga (50M) Patricia			
5:30pm		Barre (50m) Chrissy	Hot Power Yoga (60m) Lee	Barre (50m) Kelsi	Hot Core Fusion (60m) Ayla		
5:45pm		Pure Ride (45m) Patricia / Lee	Pure Ride (45m) Ayla	Pure Ride (45m) Chrissy	Pure Ride (45m) Tina		
6:45pm		Hot Candlelight Yoga (60m) Chrissy	Hot Core Fusion (60m) Ayla	Hot Candlelight Yoga (60m) Lee	Align & Refine Yoga (60m) Ayla		