

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		Pure Ride (45m) Lee		Yoga Sculpt (45m) Chrissy	
8:00am							Pure Ride (45m) Tina
8:15am		Hot Power Yoga (60m) Lee	Barre (45m) Chrissy	Hot Power Yoga (60m) Lee	Barre (45m) Chrissy	Barre (45m) Kelsi	
8:30am						Pure Ride (45m) Lee	
9:00am			9:15!! Barre (45m) Lee		9:15!! Barre (45m) Lee		Hot Power Yoga (60m) Lee
9:30am		Pure Ride (45m) Chrissy		Cycle Fusion (45m) Chrissy		Hot Power Yoga (60m) Lee	
10:00am	Pure Ride (45m) Lee						
10:30am		Slow Flow Yoga (60m) Lee	Triple "S" Yoga (60m) Chrissy	Gentle Yoga (60m) Chrissy	Triple "S" Yoga (60m) Chrissy		Cycle Fusion (45m) Tina
10:30am							Barre (60m) Chrissy
11:30am	Hot Flow Deep Stretch (90m) Lee						
12:00pm				Prenatal Yoga (50m) Chrissy			
5:30pm		Barre (50m) Kelsi		Barre (50m) Kelsi			
5:45pm		Pure Ride (45m) Lee	Hot CORE Yoga (60m) Lee	Pure Ride (45m) Lee	Hot CORE Yoga (60m) Lee		
6:00pm			Pure Ride (45m) Chrissy		Pure Ride (45m) Tina		
6:45pm		Hot Candlelight Yoga (60m) Chrissy		Hot Candlelight Yoga (60m) Lee			