

OMCORE yoga + body Weekly Class Schedule July 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am		Barre (45m) Patricia	Hot Core Fusion (45m) Patricia	Pure Ride (45m) Patricia	Hot Core Fusion (45m) Patricia	Pure Ride (45m) Patricia Starting 7/13/2018	
7:00am				Yoga Sculpt (45m) Chrissy Starting 7/11/2018			
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) Lee	
8:30am						Pure Ride (45m) Patricia	
9:00am							Hot Power Yoga (60m) Patricia
9:15am			Barre (45m) Kelsi		Barre (45m) Kelsi		
9:30am		Pure Ride (45m) Chrissy		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 (60m) Lee						
12:00pm				Prenatal Yoga (50m) Patricia			
5:30pm		Barre (50m) Chrissy		Barre (50m) Kelsi			
5:45pm		Pure Ride (45m) Patricia	Hot Core Yoga (60m) Lee	Pure Ride (45m) Lee	Hot Core Fusion (60m) Chrissy		
6:00pm			Pure Ride (45m) Chrissy		Pure Ride (45m) Tina		
6:45pm		Hot Candlelight Yoga (60m) Chrissy		Hot Candlelight Yoga (60m) Lee			