

OMCORE yoga + body

Weekly Class Schedule SEPTEMBER 10-23

Please visit www.omcoreyoga.com or download the free MindBody Connect app for easy class sign up!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am		Pure Ride Lee	Hot Core Fusion Ayla	Pure Ride - Patricia Barre - Chrissy/Lee	Hot Core Fusion Ayla	Pure Ride Patricia / Chrissy	
8:00am							Pure Ride Tina
8:15am		Hot Power Yoga Lee	Barre Patricia	Hot Power Yoga Patricia	Barre Patricia	Barre Lee	
8:30am						Pure Ride Patricia	
9:00am							Hot Power Yoga Patricia / Lee
9:15am			Barre Kelsi		Barre Kelsi		
9:30am		Pure Ride Chrissy		Cycle Fusion Patricia		Hot Power Yoga Lee	
10:00am	Pure Ride Lee						
10:30am		Slow Flow Yoga Lee	Triple S Yoga Patricia	Gentle Yoga Chrissy	Triple S Yoga Patricia		Barre Alternating
11:30am-1:00pm	Bhakti Vibes {Warm Yoga} Lee						
12:00pm				Prenatal Yoga Patricia			
5:30pm		Barre Chrissy		Barre Kelsi			
5:45pm		Pure Ride Patricia	Hot Core Yoga Lee	Pure Ride Lee	Hot Core Fusion Ayla		
6:00pm			Pure Ride Chrissy		Pure Ride Tina		
6:45pm		Candlelight Yoga Chrissy		Candlelight Yoga Lee			