

# AURORA SESSION SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am							
7:30 am					Low-Impact Function (45 min)		
8:00 am		Walk & Weights (60 min)	Train with Jenna (45 min)				
8:30 am						Sweat: Metcon (45 min)	
9:00 am			Train with Jenna (45 min)				
9:30 am		Barre: Strength (45 min)		Lift (45 min)	Empower Pilates (45 min)	Golden (45 min)	Lift (45 min)
10:00 am	Function (45 min)		Mobility (45 min)				
10:30 am		Restorative Stretch (30 min)				Longevity (30 min)	
11:00 am							
11:30 am							
12:00 pm	Lift (45 min)						
12:30 pm							Barre: Strength (45 min)
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
5:00 pm							 <p>BODY POSITIVE fitness</p> <p>Special Series</p>
5:30 pm		Lift (45 min)		Lift (45 min)			
6:00 pm			Rotating Class (45 min)		Strength & Core (45 min)		
6:30 pm							
7:00 pm							
7:30 pm							