AURORA SESSION SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am 7:30 am				Move (45 min)	Build (60 min)		
8:00 am 8:30 am		Lift (45 min)	Train with Jenna (45 min)				
9:00 am 9:30 am		Barre: Strength (45 min)	Mobility (45 min)	Empower Pilates (45 min)		Golden (45 min)	Lift (45 min)
10:00 am 10:30 am	Lift (45 min)	Restorative Stretch (30 min)		Restorative Stretch (30 min)	Lift (45 min)	Longevity (30 min)	Barre: Strength (45 min)
11:00 am 11:30 am							
12:00 pm 12:30 pm							
1:00 pm 1:30 pm							
2:00 pm 2:30 pm							
5:00 pm 5:30 pm		Lift (45 min)		Lift (45 min)		Blend (45 min)	
6:00 pm 6:30 pm			Blend (45 min)		Build (60 min)		
7:00 pm 7:30 pm					Build (60 min)		

BODY POSITIVE fitness

Special Series

Eastern Time ~ Updated October 2026