

ONLINE CLASS SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am							
7:30 am						Train with Sadie (45 min)	
8:00 am		Train with Sadie (45 min)		Train with Sadie (45 min)			
8:30 am					Stretch & Mobility (30 min)		
9:00 am							
9:30 am							Move (45 min)
10:00 am							
10:30 am							
11:00 am						Train with Jenna (45 min)	
11:30 am		Train with Rebecca (45 min)					
12:00 pm			Rotating Series (30 min)	Move (30 min)	Empower Pilates (45 min)	Stretch & Mobility (30 min)	
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
5:00 pm							
5:30 pm		Yoga (30 min)		Dance Strong (30 min)	Pop Pump (30 min)		
6:00 pm							
6:30 pm		Dance Cardio (45 min)	Strength & Stretch (45 min)				
7:00 pm	Restore (60 min)			Move & Stretch (45 min)	Yoga (45 min)		
7:30 pm							



Special Series