

Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 AM	Mind, body Bootcamp ALLI				Mind Body Boot Camp ALLI		
8:00 AM		Physique 55 Kara		Physique 55 Kara		8:30 Yoga Kara/Amy	
9:15 AM	Total Core Kara	Vinyasa Flow Amy	Mind Body Boot Camp Amy	Vinyasa Flow Amy	BodyWorks Kara		9:30 Pilates ALLI
10:30 AM		Prenatal Yoga (75min) AMY	Momy + Me Yoga Amy	Prenatal Yoga (75min) Amy			
NOON	Mind, body Xpress (45min) Kara		Mind Body Xpress (45min) Kara		Rejuvenate (45min) Kara		
4:00 PM	Total Mind Body ALLI		Family Yoga (45min)Staff				
5:15 PM	Yoga Moves Kara		Total Core Kara	Mind Body Boot Camp Kara			
5:45 PM		Vinyasa Flow Yoga Amy					