

FALL 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	FLOW (60)	POWER (60)	POWER (60)		POWER (60)		
7:15AM				POWER EXPRESS (45)			
7:30AM							
8:00AM						SCULPT EXPRESS (45)	
8:15AM			FROM THE CORE (30)		FROM THE CORE (30)		
9:00AM	POWER (60)	SCULPT (60)	POWER (60)	SCULPT (60)	POWER (60)	FLOW (60)	POWER (60)
10:30AM	YIN (60)	PRIMARY SERIES (60)	FUNDAMENTAL (60)	PRIMARY SERIES (60)		FUNDAMENTAL (60)	
11:00AM							SLOW FLOW (60)
12:00PM	SLOW FLOW (60)	RESTORATIVE (60)	RESTORATIVE (60)	YIN (60)	RESTORATIVE (60)		
12:30PM							
4:00PM						VIBES (60)	VIBES (60)
4:15PM					FROM THE CORE (30)		
5:00PM					CHILL VIBES (45)		
5:30PM	FLOW (60)	ROCKET YOGA (75)	FLOW (60)				
5:45PM							
6:00PM				FLOW (60)			
6:30PM					FRIDAY FLOW (60)		
7:00PM	POWER (60)	POWER (60)	POWER (60)				
7:30PM				RESTORATIVE (60)			
8:15PM	RESTORATIVE (45)						