

FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 BARRE CLASS BALLET MEETS PILATES 8 AM	 CORE BREATHING, BRACING & ABDOMINAL TONING 8 AM	 DANCE WARM UP, LEARN A FUN ROUTINE, & COOL DOWN 8 AM	 RESET IMMERSIVE SENSORY EXPERIENCE FOR THE BODY 8 AM	 MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE 8 AM	 CORE BREATHING, BRACING & ABDOMINAL TONING 8 AM	 MAT PILATES INCREASE FLEXIBILITY, STRENGTHEN, & TONE 8 AM
 RESTORATIVE STRETCH & FLOW 9:15 AM	 DANCE WARM UP, LEARN A FUN ROUTINE, & COOL DOWN 9:15 AM	 EMPOWER STRENGTH & BODYWEIGHT TRAINING 9:15 AM		 VINYASA FLOW BLEND OF FLOW AND YIN 9:15 AM	 DANCE WARM UP, LEARN A FUN ROUTINE, & COOL DOWN 9:15 AM	 VINYASA FLOW BLEND OF FLOW AND YIN 9:15 AM

*Please sign up in advance
at the Fitness desk

Classes are approx. 50 mins