

ONLINE CLASS SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am							
7:30 am		Strength with Sadie (45 min)	Move (30 min)			Strength with Sadie (45 min)	
8:00 am							
8:30 am					Stretch & Mobility (30 min)		
9:00 am				Yoga (45 min)			
9:30 am							
10:00 am	Lift (45 min)						Move (45 min)
10:30 am							
11:00 am							
11:30 am							
12:00 pm		Train with Rebecca (60 min)	Rotating Series (30 min)		Move (30 min)	Cardio Box (30 min)	
12:30 pm						Stretch & Mobility (30 min)	
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
5:00 pm							 <p>BODY POSITIVE fitness</p> <p>Special Series</p>
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)			Caribbean Groove (45 min)	
7:00 pm	Restore (60 min)			Move & Stretch (45 min)	Yoga (45 min)		
7:30 pm							