

AURORA SESSION SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am			Lift (45 min)		Lift (45 min)	Lift (45 min)	Lift (45 min)
10:00 am	Body Bliss & Core (45 min)	Mobility (45 min)		Golden (45 min)			
10:30 am							
11:00 am							
11:30 am							
12:00 pm				Function (45 min)			
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
5:00 pm							
5:30 pm		Lift (45 min)		Lift (45 min)			
6:00 pm			Band & Bend (30 min)		Body Bliss & Core (45 min)		
6:30 pm							
7:00 pm							
7:30 pm							

