

OMCORE yoga + body

Weekly Class Schedule JULY 2021

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

Due to our small class sizes and to be fair to all clients, late cancellation and no show fees apply!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am		Ride Kelley	HIIT Fusion @ The Vine Patricia	Ride Kelley	HIIT Fusion @ The Vine Patricia	Ride Kelley	
8:00am							Ride Alternating
8:15am		Barre Cassie	Method @ The Vine Patricia	Hot Power Yoga Patricia	Method @ The Vine Patricia	Ride Patricia	
9:00am	Hot Power Yoga Alternating						
9:15am							Power Yoga @ The Vine Patricia
9:30am		Hot Power Yoga Blair	Barre Carol Anne		Barre Cassie	Barre Fusion Cassie	
9:40am				Express Ride Patricia			
10:30am	Pure Ride Kate						
10:45am			Strength + Stretch Patricia		Strength + Stretch Patricia		Barre Alternating
4:30pm		Express Ride Kate	Hot Power Yoga Cassie		Hot Power Yoga Chrystal		
5:30pm		Barre Carol Anne		Barre Lexie			
6:00pm			Ride Cassie		Ride Helen		
6:30pm		Principles of Power Yoga Patricia		Hot Power Yoga Blair			