

TABATA MONDAY	TWISTED TUESDAY	STRENGTH WEDNESDAY	AMRAP THURSDAY	MOBILITY FRIDAY	COMBO SATURDAY	YOGA SUNDAY
4:45 AM	4:45 AM	4:45 AM	4:45 AM	4:45 AM		
5:50 AM	5:50 AM	5:50 AM	5:50 AM	5:50 AM		
					7:30 AM	
	9:30 AM		9:30 AM	9:30 AM		
						10:00 Vinyasa Flow Yoga
11:30 AM	11:30 AM		11:30 AM		12:00 Vinyasa Flow Yoga	
						5:00 PM Rest & Restore Yoga
5:30 PM	5:30 PM	5:30 PM	5:30 PM		5:00 PM Gentle Flow Yoga	
			7:00 PM Rest & Restore YOGA			