



# Class SCHEDULE

<b>MON</b>	6:15am 12:15pm 6pm 6:45pm 7:30pm	BoxHIIT Gentle Hatha Rhythm 40 Hatha ( <i>starts 12/2</i> ) Superhero*	Open Studio 6:30am-8am 8am-10am 12pm-2pm 5pm-7pm
<b>TUE</b>	6:15am 7:15am 10am 4:45pm 6:15pm 7:15pm	RetroHIIT Hatha Flow*60 Superhero HIIT Therapy 60 RetroHIIT Yin*	Open Studio 7am-8am 8am-10am 12pm-2pm
<b>WED</b>	7:15am 12:15pm 6pm 6:45pm 7:15pm	Fab Abs & Juicy Glutes* Fab Abs Flow (28/2 Superhero) Hatha Flow* Superhero Barre*	Open Studio 6:30am-8am 8am-10am 12pm-2pm 5-7pm
<b>THU</b>	6:15am 7:15am 10am 6pm 6:30pm 7:15pm	Superhero Hatha*60 Unwind*60 Pilates Superhero Yin*60	Open Studio 7am-8am 8am-10am 12pm-2pm 4:30-6pm
<b>FRI</b>	7:15am 12:15pm 4:45pm 6:15pm	Superhero RetroHIIT Stretch & Flex Yin*	Open Studio 7am-8am 8am-10am 12pm-2pm
<b>SAT</b>	8am 9am 10am 11:30am	Hatha Flow 50* Boxing Skills & Tech Superhero Gentle Hatha 60	Open Studio 12pm-2pm
<b>SUN</b>	8:30am 9:30am 10:30am 4:30pm	HIIT Therapy 60 Superhero* Hatha 60 Unwind* 60	Open Studio 12pm-2pm