



Class Schedule April 2021 (Eastern Daylight Time)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MIDNIGHT							
12:30 AM							
1:00 AM							
1:30 AM							
2:00 AM							
2:30 AM							
3:00 AM							
3:30 AM							
4:00 AM			4:00-5:00 AM Gentle Yoga (Holly)		4:00-5:00 AM Strength Foundations (Holly)	4:00-5:00 AM Bodyweight Flow (Holly)	
4:30 AM							
5:00 AM		5:15-6:15 AM Pre & Postnatal Strength (Holly)	5:15-6:15 AM Bodyweight Flow (Holly)				
5:30 AM							
6:00 AM							
6:30 AM			6:30-7:30 AM Strength Foundations (Holly)		6:30-7:30 AM Prenatal Yoga (Holly)		
7:00 AM							
7:30 AM					7:45-8:45 AM Yoga Foundations (Holly)		
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
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6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	7:30-8:30 PM Roll & Refresh (Holly)				7:30-8:30 PM Run Stronger (Holly)		
8:00 PM							
8:30 PM			8:45-9:45 PM Pre & Postnatal Strength (Holly)			8:30-9:30 PM Yoga Foundations (Holly)	
9:00 PM					8:45-9:45 PM Strength Foundations (Holly)		9:00-10:00 PM Gentle Yoga** (Jen)
9:30 PM						9:45-10:45 PM Recovery for Athletes (Holly)	
10:00 PM		10:00-11:00 PM Bodyweight Flow (Jen)					
10:30 PM							
11:00 PM						11:00 PM-12:00 AM Prenatal Yoga (Holly)	
11:30 PM	11:15 PM-12:15 AM Run Stronger (Holly)	11:15 PM-12:15 AM Strength Foundations (Jen)					
12:00 AM							
**Changed to Restorative Yoga on the LAST Sunday of each month.							
	Run Lab		Strength Lab		Perinatal Lab		Yoga Lab