



Class Schedule April 2021 (Pacific Daylight Time)



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