



# Class Schedule June 2021 (Eastern Daylight Time)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MIDNIGHT				Midnight - 1:00 AM ZOOM Prenatal Yoga (Holly)			
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 ZOOM Bodyweight Flow (Holly)				4:00-5:00 AM ZOOM Gentle Yoga (Holly)	
4:30 AM							
5:00 AM							
5:30 AM			5:15-6:15 AM ZOOM Pre & Postnatal Strength (Holly)		5:15-6:15 AM ZOOM Strength Foundations (Holly)		
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM			7:45-8:45 AM ZOOM Yoga Foundations (Holly)				
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							
8:00 PM							
8:30 PM						8:30-9:30 AM ZOOM Yoga Foundations (Holly)	
9:00 PM		9:00-10:00 PM ZOOM Strength Foundations (Jen)	9:00-10:00 AM ZOOM Yoga Foundations (Holly)		9:00-10:00 AM ZOOM Bodyweight Flow (Holly)		9:00-10:00 PM ZOOM Gentle Yoga (Jen)
9:30 PM						9:45-10:45 AM ZOOM Recovery for Athletes (Holly)	
10:00 PM							
10:30 PM							
11:00 PM							
11:30 PM							
12:00 AM							