



Class Schedule June 2021 (Pacific Daylight Time)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MIDNIGHT							
12:30 AM							
1:00 AM		1:00 - 2:00 AM ZOOM Bodyweight Flow (Holly)				1:00 - 2:00 AM ZOOM Bodyweight Flow (Holly)	
1:30 AM							
2:00 AM							
2:30 AM			2:15-3:15 AM ZOOM Pre & Postnatal Strength (Holly)		2:15-3:15 AM ZOOM Strength Foundations (Holly)		
3:00 AM							
3:30 AM							
4:00 AM							
4:30 AM							
5:00 AM			4:45-5:45 AM ZOOM Yoga Foundations (Holly)				
5:30 AM							
6:00 AM							
6:30 AM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM						5:30-6:30 PM ZOOM Yoga Foundations (Holly)	
6:00 PM		6:00-7:00 PM ZOOM Strength Foundations (Jen)	6:00-7:00 PM ZOOM Yoga Foundations (Holly)		6:00-7:00 PM ZOOM Bodyweight Flow (Holly)		6:00-7:00 PM ZOOM Gentle Yoga (Jen)
6:30 PM						6:45-7:45 PM ZOOM Recovery for Athletes (Holly)	
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM			9:00-10:00 PM ZOOM Prenatal Yoga (Holly)				
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							
11:30 PM							