



Class Schedule Oct 2021 (Central European Time - CET)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 AM							
2:30 AM							2:30-3:30 AM ZOOM Yoga Foundations (Holly)
3:00 AM			3:00-4:00 AM ZOOM Strength Foundations (Jen)	3:00-4:00 AM ZOOM Yoga Foundations (Holly)		3:00-4:00 AM ZOOM Bodyweight Flow (Holly)	
3:30 AM							3:45-4:45 AM ZOOM Rolling Requests (Holly)
4:00 AM							
4:30 AM						4:15-5:15 AM ZOOM Pre/Postnatal Strength (Holly)	
5:00 AM							5:00-6:00 AM ZOOM Strength Foundations (Jen)
5:30 AM							
6:00 AM							
6:30 AM			6:15-6:45 AM / ZOOM Yoga Found Quickie	6:15-6:45 AM / ZOOM Gentle Yoga Quickie	6:15-6:45 AM / ZOOM Strength Found Quickie		
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM						10:00-11:00 AM ZOOM Gentle Yoga (Holly)	
10:30 AM							
11:00 AM		11:15-11:45 AM / ZOOM Yoga Found Quickie	11:15 AM-12:15 PM ZOOM Bodyweight Flow (Holly)			11:15-11:45 AM / ZOOM Strength Found Quickie	
11:30 AM							
12:00 PM							
12:30 PM					12:30-1:00 PM / ZOOM Kettlebell Conditioning		
1:00 PM							
1:30 PM					1:15-1:45 PM / ZOOM Desk De-Stress		
2:00 PM			1:45-2:45 PM ZOOM Prenatal Yoga (Holly)				
2:30 PM							