



Class Schedule Oct 2021 (Eastern Daylight Time - EDT)



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