

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM 8:00AM	8:00–9:00am Abs, Hips & Thighs Intermediate	8:00–9:00am Sit Fit & Magic Circle Intermediate	7:30–8:30am Abs, Hips & Thighs Intermediate	8:00–8:30am Stand & Wake Up Your Joints Restorative	8:00–9:00am Abs, Hips & Thighs Intermediate	8:00–9:00am Wake Up Your Core Beginner	
8:45AM				8:45–9:15am Standing Body Flow Intermediate			8:45–9:15am Standing Body Flow Intermediate
9:30AM	9:30–10:30am Wake Up Your Core Beginner	9:30–10:30am Abs, Hips & Thighs Intermediate	9:30–10:30am Wake Up Your Core Beginner	9:30–10:30am Abs, Hips & Thighs Intermediate	9:30–10:30am Power & Flow Advanced	9:30–10:30am Power & Flow Advanced	9:30–10:30am Abs, Hips & Thighs Intermediate
11:00AM	11:00am–12:00pm Restorative & Safe for All Restorative	11:00am–12:00pm Power & Flow Advanced	11:00am–12:00pm Restorative & Safe for All Restorative	11:00am–12:00pm Wake Up Your Core Beginner	11:00am–12:00pm Sit Fit & Magic Circle Beginner	11:00am–12:00pm Full Body Flow Intermediate	11:00am–12:00pm Restorative & Safe for All Restorative
12:30PM		12:30–1:00pm Stand & Wake Up Your Joints Restorative			12:30–1:00pm Standing Body Flow Intermediate	12:30–1:00pm Standing Body Flow Intermediate	
2:00PM	2:00–3:00pm Neuro Fit For Life Specialty		2:00–3:00pm Tech Neck & Shoulder Relief Restorative	2:00–3:00pm Neuro Fit For Life Specialty			
4:00PM	4:00–5:00pm Foam Roller Intermediate	4:00–5:00pm Wake Up Your Core Beginner		4:00–5:00pm Power & Flow Advanced			
5:30PM	5:30–6:30pm Power & Flow Advanced		5:30–6:30pm Abs, Hips & Thighs Intermediate				
6:00PM 7:00PM	6:45–7:45pm Reformer Reimagined with Theraband and Ball Intermediate	6:00–7:00pm Reformer Reimagined with Theraband and Ball Intermediate	6:45–7:15pm Upper Body Tone & Resistance Intermediate	6:00–7:00pm ELDOA Specialty			
7:15PM 7:30PM		7:30–8:30pm ELDOA Specialty	7:30–8:30pm Power & Flow Advanced				

After buying your Unlimited Classes package, check your email for your receipt and Zoom login details. Please sign in 15 minutes prior to the start time of your class so you are settled and ready to go.

If you have any question or concerns, please email us at inquiries@bodyharmonics.com.