

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM 7:30AM			7:30–8:30am Abs, Hips & Thighs Intermediate		7:00–7:45am Wake Up Your Core Beginner		
8:00AM	8:00–9:00am Abs, Hips & Thighs Intermediate	8:00–9:00am Sit Fit & Magic Circle Intermediate		8:00–8:30am Stand & Wake Up Your Joints Restorative	8:00–9:00am Abs, Hips & Thighs Intermediate	8:15–9:15am Wake Up Your Core Beginner	
8:45AM				8:45–9:15am Standing Body Flow Intermediate			8:45–9:15am Standing Body Flow With Weights 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 Intermediate	11:00am–12:00pm Wake Up Your Core Beginner	11:00am–12:00pm Sit Fit & Magic Circle Beginner		11:00am–12:00pm Restorative & Safe for All Restorative
12:00PM 12:30PM	12:30–1:00pm Abs, Hips & Thighs Intermediate	12:15–1:00pm Resistance Training for Strong Bones Intermediate		12:15–1:00pm Full Body Sculpt Advanced			12:30–1:30pm Reformer Reimagined with Theraband and Ball Intermediate
2:00PM	2:00–3:00pm Neuro Fit For Life Specialty		2:00–2:30pm Release and Stability for Neck & Shoulders Restorative	2:00–3:00pm Neuro Fit For Life Specialty			
4:00PM 4:30PM	4:45–5:15pm Condition Your Balance Systems* Intermediate		4:00–5:00pm Foam Roller Intermediate	4:00–4:45pm Full Body Sculpt Advanced			
5:30PM	5:30–6:30pm Power & Flow Advanced						
6:00PM 6:45PM		6:00–7:00pm Reformer Reimagined with Theraband and Ball Intermediate	6:45–7:15pm Strengthen Your Arms & Shoulders Intermediate	6:00–7:00pm Full Body Stretch & Realignment Specialty			

* This class starts on November 14, 2022.

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.