

Please sign up for classes at least an hour before class, using your MICO account with DataTrak



GROUP FITNESS SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|-------------------------------------|-----------------------------------|-------------------------------------|---|--------------------------------|
| 7:30AM | HOLY HIIT - <i>Volo</i> Power Strength Flow Yoga - <i>Ashley</i> | YOGA VINYASA FLOW <i>Cynthia</i> | CORE Vinyasa <i>Ashley</i> | YOGA FITNESS <i>Cynthia</i> | HOLY HIIT <i>Volo</i> | |
| 8:00AM | | | | | POWER STRENGTH FLOW YOGA <i>Ashley</i> | |
| 8:30AM | POWER HOUR <i>Kaleb</i> | BOX & BURN <i>Kaleb</i> | POWER HOUR <i>Dana</i> | BOX & BURN <i>Kaleb</i> | POWER HOUR <i>Kaleb</i> | |
| 10:00AM | HOLY HIIT <i>Volo</i> | | KETTLEBELL STRONG <i>Volo</i> | | HOLY HIIT <i>Volo</i> | YOGA FITNESS <i>Cynthia</i> |
| 10:30AM | | | | YOGA VINYASA FLOW <i>Cynthia</i> | | |
| | | | | | | |
| 5pm | POWER HOUR <i>Dana</i> | POWER HOUR <i>Kaleb</i> | POWER HOUR <i>Dana</i> | | RESTORATIVE YOGA <i>Cynthia</i> | |
| 6:00PM | BOX & BURN <i>Kaleb</i> CORE VINYASA - <i>Ashley</i> | VINYASA FLOW <i>Cynthia</i> | POWER VINYASA <i>Lori Madl</i> | BOX & BURN <i>Kaleb</i> | | |
| 6:30PM | | | | VINYASA FLOW <i>Cynthia</i> | | |

There is a \$15 NO SHOW FEE for classes unattended without notice of cancellation, 2 hours before class. Please remove yourself from class via mindbody or contact us to be removed from class 2 hours or more before