

Journey to Fitness Weekly Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM		Circuit Training		Circuit Training			Circuit Training
6:30 AM							
7:00 AM							Yoga Hammock
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM				Strength Training 101			
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM		Movement and Wellness Master Class			Movement and Wellness Master Class	Posture 101	
11:30 AM		Online Only			Online Only		
12:00 PM						Yoga 101	
12:30 PM							
1:00 PM						Aerial Core and Stretch	
1:30 PM							

	MON	TUE	WED	THUR	Fri	Saturday	
2:00 PM	Self-Care Master Class Online Only	Self-Care Master Class Online Only	Self-Care Master Class Online Only	Self-Care Master Class Online Only	Self-Care Master Class Online Only	Fascia Blasting and Cupping	
2:30 PM							
3:00 PM						Running 101	
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM		Pilates 101	Fitness Cue	Trampoline and Bands	Yoga Hammock		
6:00 PM							
6:30 PM	Breathe, Melt and Roll	Trampoline and Bands					
7:00 PM							
7:30 PM	Fascia Blasting and Cupping Class		Fascia Blasting and Cupping Class		Breathe, Melt and Roll		
8:00 PM	Online Only		Online Only				
8:30 PM	Breath of Health Online Only	Breath of Health Online Only	Breath of Health Online Only	Breath of Health Online Only	Breath of Health Online Only	Breath of Health Online Only	Breath of Health Online Only
9:00 PM							