
















TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 am - 9:15 am Meet at the Gym	Outdoor* Yoga 	Outdoor* Yoga 	Outdoor* Yoga 	Outdoor* Yoga 	Outdoor* Yoga 	Outdoor* Yoga 	-
9:30 am - 10 am Meet at the Gym	HIIT** 	Core Training 	HIIT** 	Core Training 	HIIT** 	Core Training 	-
6:30 pm - 7:15 pm Meet at the Gym	Pilates 	-	Mindfulness 	-	Yoga 	-	-

* Subject to weather conditions | ** High Intensity Interval Training