

## Holistic Bodyworx DECEMBER Online Schedule

Schedule	Time	Description of Class	Teacher
Monday	12am -1pm	Mat Pilates	Yvonne
Tuesday	5.30pm -6.30pm	Power Yoga	Karina
Wednesday	12am-1pm	Grounding & Immunity Yoga	Renu
Thursday	5.30pm-6.30pm	Mat Pilates	Yvonne
Friday	6pm-7pm	Detox Yoga	Renu
Saturday	9am-10am	Mat Pilates	Yvonne
Sunday	9.30am -10.30am	Fusion Pilates	Christina

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Saturday	9 - 10 am	Mat Pilates	Yvonne
Sunday	9:30 - 10:30 am	Fusion Pilates	Christina