

Holistic Bodyworx

Virtual Classes Schedule			
Schedule	Time	Description of Class	Teacher
Monday	6pm -7pm	Mat Pilates	Yvonne
Tuesday	5:30 - 6:30 pm	Power Yoga	Karina
Wednesday	12 - 1 pm	Grounding & Immunity Yoga	Renu
Thursday	6pm -7pm	Mat Pilates	Yvonne
Friday	6pm -7pm	Detox Yoga	Renu
Saturday	9am -10am	Mat Pilates	Yvonne
Sunday	9:30 - 10:30 am	Fusion Pilates	Christina