

January Holistic Bodyworx Online Schedule

Day	Time	Class	Instructor
Monday	6PM - 7 PM	Pilates Combo	Yvonne
Tuesday	6:15 -7:15 PM	Vinyasa Flow	Renu
Wednesday	6:15 -7:15 PM	Hatha Flow	Renu
Thursday	5:30 - 6:30 PM	Pilates & Kettle Bells	Melinda
Friday	6:15 -7:15 PM	Yin/Yang Yoga	Renu
Saturday	8:30 - 9:30 AM	Pilates Combo	Yvonne
Sunday	9 - 10 AM	Pilates & Cardio	Melinda