

LABOR DAY

CLASS SCHEDULE – MONDAY, SEPT. 7

7:45 to 9 a.m.	SwimFit Endurance	Charlie	Sports Pool <i>Lanes 1-6</i>
8 to 8:40 a.m.	Arms & Abs	Celeste	Move
8:30 to 9:15 a.m.	Power Sculpt	Jaclyn	Strong
8:30 to 9:30 a.m.	Yoga Therapy	Andrew	Breathe
9 to 9:45 a.m.	Cutting EDGE	Bond	Move
9 to 9:45 a.m.	Pure Cycle	Celeste	Surge
9:30 to 10:15 a.m.	TRX	Lori	Strong
9:45 to 10:45 a.m.	Yoga Lab: Knees for Life!	Andrew	Breathe
10 to 10:45 a.m.	Bench & BARRE	Bond	Move
10 to 10:45 a.m.	Pure Cycle	Emma	Surge
10:45 to 11:30 a.m.	MiniBARRE	Mel	Strong
11 a.m. to Noon	Yoga Power	Hally Vu	Breathe
11 a.m. to 12:15 p.m.	Dance Party	Houstonian Team	Move
11:45 a.m. to 12:30 p.m.	Overload	Steven	Strong
12:15 to 1:30 p.m.	Yin Yoga + Sound Journey	Haley F	Breathe
12:30 to 1:15 p.m.	K.A.R.B.	YJ	Move
1 to 1:45 p.m.	Just For Men	Jasmine	Strong
3 to 3:45 p.m.	Classic Pilates	Katrina	Move

