Thanksgiving
EXERCISE SCHEDULE

Thursday, Nov. 26

7 to 7:45 a.m.	TRX	Lori	Strong
7:45 to 9 a.m.	SwimFit H.I.T.S.	Charlie	Sports Pool *Lanes 1-6*
8 to 8:45 a.m.	Pure Cycle	Taylor	Surge
8:15 to 9 a.m.	Yoga Therapy	Andrew	Breathe
8:30 to 9:15 a.m.	Functional Step	YJ	Move
9:15 to 10:15 a.m.	Mobile Hips & Spine for Better Digestion	Andrew	Breathe
9:30 to 10:15 a.m.	KARB	YJ	Strong
9:30 to 10:15 a.m.	Turkey Prep	Jarrod	Move
10 to 11 a.m.	Turkey Burn Cycle Challenge	Susy	Surge
10:30 to 11:15 a.m.	miniBARRE	Mel	Strong
10:30 to 11:15 a.m.	Yoga Power	Jonah	Breathe
10:30 to 11:15 a.m.	Zumba	Shellah	Move
11:20 a.m. to 11:45 a.m.	Yin Yoga	Jonah	Breathe
11:30 a.m. to 12:15 p.m.	Muscles	Susy	Move
Noon to 1 p.m.	Yoga Therapy & Yoga Nidra	Robert	Breathe

Friday, Nov. 27

7 to 7:45 a.m.	TRX Circuit	Lori	Strong
7 to 7:45 a.m.	Yoga Stretch	Jessica	Breathe
8 to 8:45 a.m.	Rhythm Ride	Celeste	Surge
8 to 9 a.m.	Yoga Body	Steven	Breathe
9 to 9:40 a.m.	Arms & Abs	Celeste	Move
9:15 to 9:45 a.m.	KARB 30	Melissa	Strong
9:15 to 10:15 a.m.	Yoga Power	Steven	Breathe
10 to 10:45 a.m.	BARRE off the BARRE	YJ	Move
10 to 10:45 a.m.	Jump & Pump	Melissa	Strong
10:15 to 11 a.m.	Pure Cycle	Rose	Surge
11 to 11:45 a.m.	Muscles	YJ	Move
Noon to 12:45 a.m.	Contemporary Pilates	Sarah	Move
Noon to 12:45 a.m.	Just for Men	Rose	Strong
Noon to 1 p.m.	Yoga Body	Olga	Breathe
1:15 to 2:15 p.m.	Yoga Stretch	Jonah	Breathe
2:20 to 2:45 p.m.	The Meditation Class	Jonah	Breathe
6 to 7 p.m.	Yoga Bootcamp	Andrew	Breathe

Check the Houstonian App for a full schedule of classes.
Some classes may be removed on Wednesday evening or throughout the weekend.

THE HOUSTONIAN CLUB