



Studio Class Schedule Fall 2022  
Starts September 5, 2022

VIRTUAL CLASS SCHEDULE

\*\*\*\*\*Must have the designated equipment to participate\*\*\*\*\*

<b>MONDAY</b>			
<b>9:30 am</b>	YUR Back Reformer Class	Lindsey	ZOOM
<b>10:30 am</b>	Reformer Class	Chrissy	ZOOM
<b>TUESDAY</b>			
<b>10:30 am</b>	YUR Back Equipment Class	Lindsey	ZOOM
<b>5:00 pm</b>	Core Align Class	Chrissy	ZOOM
<b>6:15 pm</b>	Core Align Class	Chrissy	ZOOM
<b>WEDNESDAY</b>			
<b>8:00 am</b>	Oov Class	Chrissy	ZOOM
<b>5:00 pm</b>	TRX Class	Cassie	ZOOM
<b>7:00 pm</b>	YUR Back Reformer Class	Lindsey	ZOOM
<b>THURSDAY</b>			
<b>9:30am</b>	Barrel/Spine Corrector Class	Lindsey	ZOOM
<b>FRIDAY</b>			
<b>9:30 am</b>	Chair Class	Cassie	ZOOM
<b>SATURDAY</b>			
<b>8:00 am</b>	Reformer Class	Cassie	ZOOM
<b>9:00 am</b>	Core Align Class	Susan	ZOOM
<b>9:15 am</b>	YUR Back Reformer Class	Cassie	ZOOM