

# IN HOUSE SCHEDULE

## DECEMBER 2021 & JANUARY 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Intermediate I & II All Apparatus/ Cardio	Foundations I & II	Intermediate I & II All Apparatus/ Cardio	Foundations I & II	Intermediate I & II All Apparatus/ Cardio		
9:30AM	*Tye4@/Mat (9 am start time)	Intermediate I & II All Apparatus	*Intermediate I & II All Apparatus/ MOTR/Bodhi	*Intermediate I & II All Apparatus/Bodhi	Intermediate II/Advanced II & III Reformer	Foundations I & II	Foundations I & II
10:00 AM	Intermediate I & II All Apparatus						
10:30 AM		Intermediate II/Advanced II & III Reformer	In-House/Virtual Gyrokinesis	Intermediate Tower	Intermediate I & II All Apparatus	Intermediate I & II All Apparatus	*Intermediate I & II All Apparatus /Silks
11:15 AM	In-House/Zoom Rehab/ Osteoporosis w/Reformer						
11:30 AM				In-House/Zoom Rehab/ Osteoporosis w/Reformer	*Foundations I & II		
6:00 PM				*Intermediate I & II All Apparatus/MOTR/ Bodhi			
6:30 PM		Intermediate II & III All Apparatus					
7:00 PM	*Foundations I & II (7:30 start time)			Foundations I & II			