


























# ALIVE mindbody

ALL CLASSES ARE 50 MINUTES IN LENGTH UNLESS OTHERWISE NOTED

Class Schedule January 01 - May 31, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00am</b>					<b>Barre &amp; Arms</b>		
8:15am					Ashley 		
8:30am							
8:45am							
9:00am							
9:15am							
<b>9:30am</b>	<b>Barre &amp; Mat</b>	<b>Pilates Renew</b>	<b>Yoga Sculpt</b>	<b>Barreless</b>	<b>Yoga Flow</b>	<b>Cardio Sculpt</b>	<b>Yoga Sculpt</b>
9:45am	Rebecca	Moriah	Kristen	Kristen	<b>spicy</b>	Shannon	Lexy
10:00am					Kristen 		
10:15am							
<b>10:30am</b>						<b>Restorative</b>	<b>Pilates Core</b>
10:45am						<b>Yoga</b>	<b>&amp; Arms</b>
11:00am						Kailey & Lexy 	Ashley 
11:15am							
11:30am							
11:45am							
<b>12:00pm</b>		<b>Barre Fit</b>		<b>Yoga Flow</b>	<b>Barre &amp; Mat</b>		
12:15pm		Rachel		<b>medium</b>	Kristen		
12:30pm				Kristen 			
12:45pm							
1:00pm							
4:15pm							
4:30pm							
4:45pm							
5:00pm							
<b>5:15pm</b>	<b>Cardio Sculpt</b>	<b>Barre &amp; Mat</b>	<b>Cardio Barre</b>	<b>Yoga Flow</b>	<b>Barre Fit</b>		
5:30pm	Ashley	Kristen	Shannon	<b>spicy</b>	Dana		
5:45pm				Kailey 			
6:00pm							
<b>6:15pm</b>	<b>Total Pilates</b>	<b>Yoga Flow</b>	<b>Total Pilates</b>	<b>Barre Fit</b>			
6:30pm	Ashley	<b>medium</b>	Shannon	Candace			
6:45pm		Kristen 					
<b>7:00pm</b>							<b>Flexibility Yin</b>
<b>7:15pm</b>	<b>Restorative</b>		<b>Yoga Flow to Yin</b>				Moriah
7:30pm	<b>Yoga</b>	<b>Specialties</b>	Rebecca	<b>Specialties</b>			60 mins 
7:45pm	Moriah 						
8:00pm							

Sweat Intensity Level



1 2 3 4  
low medium high ultimate

Barre

Yoga

Pilates

Sculpt

Specialties

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Schedule & Class Descriptions online at [www.alive-mindbody.com](http://www.alive-mindbody.com)  
On Demand Virtual Classes [www.aliveondemand.ca](http://www.aliveondemand.ca)