


Class Schedule November 01 - December 31, 2022


ALL CLASSES ARE 50 MINUTES IN LENGTH


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am							
8:45am							
9:00am							
9:15am							
<b>9:30am</b>	<b>Sculpt</b>	<b>Barreless</b>	<b>Yoga Sculpt</b>	<b>Total Pilates</b>	<b>Barre Flow</b>	<b>Cardio Sculpt</b>	<b>Yoga Sculpt</b>
9:45am	Rebecca	Rachel	Kristen	Moriah	Rachel	Ashley & Kristen	Lexy
10:00am							
10:15am							
<b>10:30am</b>						<b>Yoga Stretch &amp; Restore</b>	<b>Barre Fusion</b>
10:45am						Kailey	Shannon
11:00am							
11:15am							
11:30am							
11:45am							
<b>12:00pm</b>		<b>Barre Fusion</b>		<b>Yoga Flow</b>	<b>Total Pilates</b>		
12:15pm		Kristen		Kristen	Moriah & Kristen		
12:30pm							
12:45pm							
1:00pm							
4:15pm							
4:30pm							
4:45pm							
5:00pm							
<b>5:15pm</b>	<b>Barre Flow</b>	<b>Yoga Sculpt</b>	<b>Cardio Sculpt</b>	<b>Total Pilates</b>	<b>Barre Fusion</b>		
5:30pm	Shannon	Kailey	Shannon	Dana	Dana		
5:45pm							
6:00pm							
<b>6:15pm</b>	<b>Total Pilates</b>	<b>Barre Flex</b>	<b>Yoga Hips and Hamstrings</b>	<b>Barre Fusion</b>			
6:30pm	Ashley	Candace		Ashley			
6:45pm			Rebecca				
<b>7:00pm</b>							<b>Yin Yoga</b>
<b>7:15pm</b>	<b>Yin Yoga</b>	<b>Pilates Renew</b>		<b>Yoga Detox</b>			Moriah
7:30pm	Kristen	Moriah		Kristen			60 mins
7:45pm							
8:00pm							


Sweat Intensity Level



 Barre

 Sculpt

 Yoga

 Pilates

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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)