



SAMPLE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM LOUISA DRAKE INVISIBLE REFORMER	7.30AM MICHAEL A PEAK FITNESS	7AM VIRTUAL CLASS	7.15AM JEISON YOGA	9.15PM VIRTUAL CLASS	9AM LOUISA DRAKE SCULPT	9AM VIRTUAL CLASS
9AM VIRTUAL CLASS	8.30AM VIRTUAL CLASS	8AM LYDIA SHAPE CHANGER	9AM VIRTUAL CLASS	10.30AM LYDIA PILATES	10AM VIRTUAL CLASS	10AM JEISON YOGA
10.30AM VIRTUAL CLASS	10.30AM VIRTUAL CLASS	10.15AM VIRTUAL CLASS	10AM VIRTUAL CLASS	10.45AM VIRTUAL CLASS	11AM LOUISA DRAKE INVISIBLE REFORMER	
12.30AM EMILY C SCULPT	12PM LOUISA DRAKE SWEAT	1.30PM MICHAEL A BULK & LEAN	1PM EMILY C SCULPT	1PM VIRTUAL CLASS	12.30PM VIRTUAL CLASS	
5PM AMELIA SCULPT & STRETCH	5.30PM VIRTUAL CLASS	6PM VIRTUAL CLASS	4.30PM VIRTUAL CLASS	3PM JEISON YOGA	2PM VIRTUAL CLASS	
6PM BREATHWORK	6.30PM AMELIA PILATES	7.15PM IN-PERSON SLOANE SPIN	5.30PM AMELIA RELEASE & RESTORE	5PM VIRTUAL CLASS		
7PM VIRTUAL CLASS	7.30PM VIRTUAL CLASS	8.15PM VIRTUAL CLASS	6.30PM VIRTUAL CLASS	7PM VIRTUAL CLASS		