

TEN MILE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00 AM</b>	POD	POD	POD	POD	POD		
<b>5:45 AM</b>	KA RIDE HOT YOGA 60	KA RIDE HOT SCULPT	KA RIDE HOT YOGA 60	KA RIDE HOT SCULPT	KA RIDE HOT YOGA 60		
<b>6:00 AM</b>	POD	POD	POD	POD	POD		
<b>7:00 AM</b>	POD	POD	POD	POD	POD		
<b>8:00 AM</b>	POD 55+	YOGA 55+	KA RIDE 55+	YOGA 55+		KA RIDE HOT YOGA 60	
<b>9:00 AM</b>						KA RIDE	KA RIDE
<b>9:30 AM</b>	POD HOT SCULPT	POD KA RIDE HOT YOGA 90	POD HOT SCULPT	POD KA RIDE HOT YOGA 60	POD HOT YOGA 60	POD HOT YOGA 90	POD HOT YOGA 90
<b>10:00 AM</b>							KA RIDE
<b>12:00 PM</b>	POD KA RIDE	POD HOT YOGA 60	POD KA RIDE	POD HOT YOGA 60	POD		HOT SCULPT
<b>4:00 PM</b>							HOT YOGA 90
<b>5:00 PM</b>					RESTORE YOGA 60		
<b>5:30 PM</b>	POD HOT YOGA 60	POD	POD HOT YOGA 60	POD			
<b>5:45 PM</b>	KA RIDE	KA RIDE	KA RIDE	KA RIDE			
<b>6:30 PM</b>	POD	POD HOT YOGA 60	POD	POD HOT YOGA 60			