WEST ASHLEY JUNE 2023 SCHEDULE

ALL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	ZONE RED	ZONE RED	ZONE RED	ZONE RED			
7:00AM		FORGE		FORGE			
8:30AM	ALL LEVELS YOGA	LesMILLS BODYPUMP	Barre	LesMILLS BODYPUMP	Barre	ZONE RED / ALL LEVELS YOGA	
9:00AM	ZONE RED	Barre / FORGE	ZONE RED	ALL LEVELS YOGA / FORGE	ZONE RED		
9:30AM	Barre		ALL LEVELS YOGA			FORGE	
10:00AM		DEEP S-T-R-E-T-C-H	LesMILLS BODYPUMP			LesMILLS BODYPUMP	
4:00PM					TOTAL BODY CONDITIONING		
4:15PM		LesMILLS BODYPUMP					
4:30PM	ZONE RED	ZONE RED		ZONE RED			
4:45PM			FORGE				
5:00PM	Barre	LesMILLS BODYPUMP / Barre		Barre			
5:30PM	WERQ / FORGE / CORE CUTS		LesMILLS BODYPUMP				
5:45PM							
6:00PM		CORE CUTS / FORGE		CORE CUTS / FORGE			
6:15PM	DEEP S-T-R-E-T-C-H		DEEP S-T-R-E-T-C-H				

*SUBJECT TO CHANGE. PLEASE SEE APP FOR MORE INFORMATION