PULSEology

LIVE CLASS SCHEDULE DECEMBER 2020

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Rotation	
5:30 AM		Nick		Nick		8:30 AM Kim	
9:30 AM	Zanne		Laurie		Zanne		

BootyBarre & Yoga Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday Rotation
8:00 AM							BootyBarre 9:30 AM
8:30 AM	**Yoga** Charmaine	**Yoga** Caroline		**Yoga** Caroline	**Yoga** Amy	**Yoga** Benedicte	12/5 Shelly W 12/12 Jennifer
9:30 AM		***BB Boot Camp*** Laurie		**BootyBarre** Jennifer		**BootyBarre** rotating	12/19 Laurie 12/26 Shelly W
10:30 AM	**BootyBarre** Zanne						
6:00 PM		**Yoga** Benedicte		**Yoga** Benedicte			