

Performance Rehabilitation Training – Class Schedule

All Classes 45 minutes

Monday AM

6:30am – 7:15am : Start Your Week off Stretch

9:00am – 9:45am : Beginner Yoga

10:00am – 10:45am : Silver Sneakers Circuit

11:00am – 11:45am – Silver Sneakers Yoga

Monday PM

4:30pm – 5:15pm : Ropes and Ropes! (Suspension and Battle)

5:30pm – 6:15pm : Barre Above (Power)

6:30pm – 7:15pm: Enter the Kettlebell

Tuesday PM

5:00pm – 5:45pm : Ladders and BOSU Agility

6:00pm – 6:45pm : Bodyweight and Floor

Wednesday AM

9:00am – 9:45am : Beginner Yoga

10:00am – 10:45am : Silver Sneakers Classic

11:00am – 11:45am – Silver Sneakers Circuit

Wednesday PM

4:30pm – 5:15pm : Enter the Kettlebell

5:30pm – 6:15pm : Barre Above (Cardio)

6:30pm – 7:15pm : Power Yoga Flow

Thursday PM

4:30pm – 5:15pm : Ladders and BOSU Agility

5:30pm – 6:15pm : Ropes and Ropes! (Suspension and Battle)

6:30pm – 7:15pm : Evening Wind Down Yoga

Friday AM

10:00am – 10:45am : Silver Sneakers Yoga

Saturday AM

8:30am – 9:15am : Power Yoga Flow

9:30am – 10:15am : Barre Above (Cardio)

10:30am – 11:15am : Ropes and Ropes! (Suspension and Battle)



<u>Time</u>	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM		Start Your Week Off Stretch 45 min					
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							Power Yoga Flow 45 min
9:00 AM	Integrity Martial Arts	Beginner Yoga 45 min		Beginner Yoga 45 min			Barre Above (Cardio) 45 min
9:30 AM		Silver Sneakers Circuit 45 min		Silver Sneakers Classic 45 min		Silver Sneakers Yoga 45 min	Ropes (Suspension and Battle) 45 min
10:00 AM							
10:30 AM		Silver Sneakers Yoga 45 min		Silver Sneakers Circuit 45 min			
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Ropes (Suspension and Battle) 45 min		Kettlebells 45 min	Agility 45 min		
5:00 PM		Barre Above (Power) 45 min	Agility 45 min	Barre Above (Cardio) 45 min	Ropes (Suspension and Battle) 45 min		
5:30 PM			Bodyweight 45 min	Power Yoga Flow 45 min	Wind-down Yoga 45 min		
6:00 PM		Kettlebells 45 min					
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							