

# THANKSGIVING WEEK

MON, NOV. 25TH - SUN, DEC. 1ST

## MONDAY

TIME	CLASS	LOCATION
7:00am - 8:00am	Morning Yoga	Studio C
9:00am - 9:45am	Morning Mobility	Studio C
11:00am - 12:00pm	Moving Meditation	Studio C
11:45am - 12:30pm	Cardio Kickboxing	Studio A
12:00pm - 12:45pm	Latin Dance Fitness	Studio D
4:30pm - 5:30pm	Barre Burn	Studio A
5:15pm - 6:00pm	Hatha Raja Yoga	Studio C
5:45pm - 6:30pm	Cycle 45	Cycle Studio
6:15pm - 7:15pm	Vinyasa Yoga	Studio C
6:30pm - 7:30pm	Zumba!	Studio A

## TUESDAY

9:15am - 10:00am	Zumba Toning	Studio A
12:00pm - 12:45pm	Noon Vinyasa Yoga	Studio C
12:00pm - 12:45pm	Muscle Work	Studio A
4:00pm - 4:45pm	Arms and Abs	Studio A
5:00pm - 6:00pm	Tonilates	Studio A
5:00pm - 6:00pm	Barbell Fit	Studio B
6:15pm - 7:00pm	Barre Yoga Fusion	Studio A
7:30pm - 8:15pm	Vinyasa Yoga	Studio C
8:30pm - 9:00pm	Quick Restore	Studio C

## WEDNESDAY

8:00am - 8:45am	Moving Meditation	Studio C
9:00am - 9:45am	Vinyasa Yoga	Studio C
11:45am - 12:30pm	HIIT: Cardio	Studio A
12:00pm - 12:45pm	Cycle 45	Cycle Studio
3:00pm - 3:45pm	Recovery Stretch	Studio C
4:45pm - 5:30pm	Barre Burn	Studio A

## FRIDAY

TIME	CLASS	LOCATION
10:45am - 11:30am	Hatha Flow	Studio C
12:00pm - 1:00pm	Vinyasa Yoga	Studio C
12:00pm - 12:45pm	Cycle 45	Cycle Studio
2:00pm - 2:45pm	Tonilates	Studio A
3:00pm - 3:45pm	Barre Burn	Studio A
7:00pm - 7:45pm	Vinyasa Yoga	Studio C
8:00pm - 8:30pm	Quick Restore	Studio C

## SATURDAY

10:30am - 11:30am	Vinyasa Yoga	Studio C
11:30am - 12:30pm	Aerial Fitness*	Studio D

## SUNDAY

10:00am - 10:45am	Cycle 45	Cycle Studio
11:00am - 12:00pm	Aerial Hoop: Beginner*	Studio D
3:15pm - 4:15 pm	Aerial Yoga*	Studio D
5:45pm - 6:45pm	Aerial Hoop: Beginner*	Studio D

DOWNLOAD THE RAY APP FOR THE MOST UP-TO-DATE SCHEDULE.  
**CLASSES SUBJECT TO CHANGE.**

**\*Specialty class at an additional cost**