



mynulifstudio  
nutrition.lifestyle.fitness

Schedule it and make it happen! No excuses! What's more important than your health?!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Core Flow (60) Anj	TRX Sweat (50) Deanna	Hot Pilates (60) Patricia	TRX Sweat (50) Deanna	Yoga Sculpt (60) Paige			
9:00 AM		Vinyasa Flow (60) Patricia		Vinyasa I/II (60) Christine		TRX Sweat (50) Alicia	TRX Sweat (50) 8:30a Alicia	8:00 AM
9:15 AM	TRX Strength (50) Deanna		TRX Sweat (50) Deanna		TRX Strength (50) Alicia	Yoga Sculpt (60) Gabby	Vinyasa Flow (75) 9:30am Anj	9/9:30 AM
12:00 PM	Vinyasa Flow (60) Sarah	Lunch at DETOX Kitchen & Juice Bar!			Vinyasa Flow (60) Sarah	TRX Strength (50) Carter		10:30 AM
5:30 PM	Yoga Sculpt (60) Gabby	TRX Bootcamp (50) Deanna	Vinyasa Flow (60) Paige	TRX Strength (50) Alicia			TRX Strength (50) Alicia	4:00 PM
6:30/6:45PM	HIIT (50) Ali	Vinyasa Flow (60) 6:30p Sarah	TRX Sweat (50) 6:45p Alicia	Heated Vinyasa (60) Anj			StretchStrengthFlow Rondy	5:00 PM
7:45 PM		Yin Yoga (60) Sarah						

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Heated classes in orange.

Yoga is green.

TRX is yellow.

Good for beginners are blue.

Bring a yoga mat, hand towel, and water to each class, or we have them available for rent or purchase.