



**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		TRX Sweat (50)	Sweaty Flow (60)	TRX Sweat (50)				
9:15 AM	TRX Strength (50)	Vinyasa Flow (60)	TRX Sweat (50)	Yoga Flow (60)	TRX Strength (50)	TRX Sweat (50) 8:00a	TRX Sweat (50) 8:30a	8:00 AM
						Yoga Flow (60) 9:00a	Vinyasa Flow (60) 9:30a	9/9:30 AM
						TRX Strength (50) 10:30a		10:30 AM
12:00 PM	Vinyasa Flow (60)	12:15p Tabata (30)		12:15p Tabata (30)	Vinyasa Flow (60)			
5:30 PM	StretchStrengthFlow	TRX Bootcamp (50)	Vinyasa Flow (60)	HIIT (50)			TRX Strength (50)	4:00 PM
6:30/6:45PM	Barre Fusion (50) 6:45p	Yoga Flow (60) 6:30p	TRX Strength (50) 6:45p	Vinyasa Flow (60) 6:30p			StretchStrengthFlow	5:00 PM

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Fitness 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.