





























SCHEDULE

EFFECTIVE DATE: MONDAY, OCTOBER 31ST

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|--|--|--------|
| 5-9:30 am  | | 5:15-6:15 am  | 5-9:30 am  | 5:15-5:45 am  5:45-6:15 am  | | |
| 9-10:00 am  | 8:30-9:00 am  9-10:00 am <i>Yoga</i> | 9-10:00 am  | | 8:30-9:00 am  9-10:00 am <i>Yoga</i> | 8:15-8:45 am  9-10:00 am  | |
| 5:30-6:00 pm  | | 4-7:30 pm  | 4:15-5:15 pm  5:30-6:00 pm  | 9-10:00 am  | 9-10:00 am  10:15-11:15 am  | |
| 6-7:00 pm  6-7:00 pm  | 6-7:00 pm  6-7:00 pm  | 6-7:00 pm  | 6-7:00 pm  6-7:00 pm  | | | |
| 7:15-8:15 pm  | 7:15-7:45 pm  | | 7:15-8:15 pm  | | | |

Power
in **GROUP!**

JoinTheMovementBR.com

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