

| JUNE 2023 | MONDAY                                                      | TUESDAY                                                               | WEDNESDAY                                                        | THURSDAY                                                       | FRIDAY                                                                                                                                                                                              | SATURDAY                                                                                                                    | SUNDAY                                        |
|-----------|-------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| 6:30 AM   | HIIT & YOGA<br>25 MIN - SHANNON                             |                                                                       | HIIT & YOGA<br>25 MIN - SHANNON                                  |                                                                |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 7:00 AM   | MORNING STRETCH<br>25 MIN - SHANNON                         | EMERGIZING YOGA<br>25 MIN - LINDSAY                                   | MORNING STRETCH<br>25 MIN - SHANNON                              | EMERGIZING YOGA<br>25 MIN - LINDSAY                            |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 7:30 AM   | MEDITATION<br>25 MIN - LINDSAY                              |                                                                       | MEDITATION<br>25 MIN - LINDSAY                                   |                                                                |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 8:00 AM   | *SCULPT & STRETCH<br>HEATHER                                | LOW IMPACT CARDIO<br>25 MIN - MEREDITH<br>*PILATES FUSION<br>DANIELLE | PILATES<br>DEBBIE                                                | LOW IMPACT CARDIO<br>25 MIN - MEREDITH                         | *SCULPT & STRETCH<br>DANIELLE<br>GENTLE YOGA<br>ROSEMARY                                                                                                                                            | *TABATA<br>AMY                                                                                                              | 8:15AM START<br>*CORE & MORE<br>25 MIN - CURT |
| 8:30 AM   | *CORE & MORE<br>25 MIN - CHRISTINE                          |                                                                       | *CORE & MORE<br>25 MIN - CHRISTINE                               |                                                                | *QIGONG & TAI CHI<br>CURT                                                                                                                                                                           |                                                                                                                             |                                               |
| 9:00 AM   | *PILATES<br>DEBBIE<br>*FULL BODY HIIT<br>ROBYN              | *YOGA SCULPT<br>NINA                                                  | MOBILITY<br>ERIC                                                 | *FULL BODY HIIT<br>CHRSTINE                                    | *PILATES<br>DEBBIE<br>*QIGONG & TAI CHI<br>CURT                                                                                                                                                     | *SCULPT & STRETCH<br>NINA                                                                                                   | *GENTLE YOGA<br>CURT<br>*TRX/BOSU<br>DEBBIE   |
| 10:00 AM  | *BALANCE<br>DEBBIE<br>*CORE & MORE<br>25 MIN - ROBYN        | CHAIR FITNESS<br>25 MIN - DANIELLE<br>*YIN YOGA<br>GENII              | *BALANCE<br>DEBBIE<br>*CORE & MORE<br>25 MIN - ROBYN             | MOBILITY<br>ERIC<br>*YIN YOGA<br>NINA                          |                                                                                                                                                                                                     | *GENTLE YOGA<br>NINA                                                                                                        | *BARREFLOW<br>DENISE                          |
| 11:00 AM  | *INSPIRE & REFLECT YOGA<br>CHERYL<br>*MOBILITY<br>ERIC      | *GENTLE YOGA<br>GENII                                                 | *INSPIRE & REFLECT YOGA<br>LINDSAY<br>*YOGA & MINDFULNESS<br>KIM | *YOGA RESTORE<br>DEANDRA<br>*PAUSE & FLOW<br>ERIC              | *RESTORATIVE YOGA<br>DEBBIE<br>CHAIR FITNESS<br>25 MIN - DANIELLE                                                                                                                                   | *VINYASA YOGA<br>CURT<br>*HATHA YOGA<br>CHERYL                                                                              | *GENTLE YOGA<br>CHERYL                        |
| 12:00 PM  | *GENTLE YOGA<br>KIM                                         | *SCULPT & STRETCH<br>CHRISTINE                                        |                                                                  | *YOGA SCULPT<br>DEANDRA                                        |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 4:00PM    | *BALANCE & STRENGTH<br>LISA                                 |                                                                       | *PILATES<br>DEBBIE                                               |                                                                |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 4:30 PM   | PELVIC CONDITIONING<br>25 MIN - AMY                         |                                                                       |                                                                  |                                                                | <div>SCAN HERE<br/>TO LEARN ABOUT<br/>OUR OVER 80<br/>LIVE CLASSES,<br/>VIDEOS &amp; EVENTS!</div> <div></div> |                                                                                                                             |                                               |
| 5:00 PM   | *TRX/BOSU<br>DEBBIE<br>*GENTLE YOGA<br>WENDY                | *TABATA<br>ROSEMARY<br>*YOGA SCULPT<br>DEANDRA                        | *GLUTES, ABS, ARMS<br>LINDSAY                                    | *BALANCE<br>DEBBIE                                             |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 5:30 PM   |                                                             |                                                                       | *PILATES EXPRESS<br>25 MIN - NINA                                | RESTORATIVE YOGA<br>SHANNON                                    |                                                                                                                                                                                                     | <div></div> <div>MIRBEAU AT HOME</div> |                                               |
| 6:00 PM   | *CORE & MORE<br>25 MIN - WENDY<br>YIN YOGA<br>80 MIN - TINA | STRONG & CALM<br>25 MIN - SHANNON<br>*GENTLE YOGA<br>DEANDRA          | *HATHA YOGA<br>NINA<br>*YIN/RESTORATIVE YOGA<br>LINDSAY          | STRONG & CALM<br>25 MIN - SHANNON<br>YIN YOGA<br>80 MIN - TINA |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 6:30 PM   | UPPER BODY STRENGTH<br>25 MIN - CURT                        | SLOW STRETCH<br>25 MIN - SHANNON                                      | LOWER BODY STRENGTH<br>25 MIN - CURT                             | SLOW STRETCH<br>25 MIN - SHANNON                               |                                                                                                                                                                                                     |                                                                                                                             |                                               |
| 7:00 PM   | MEDITATION<br>25 MIN - LINDSAY                              | *MEDITATION<br>25 MIN - LINDSAY                                       |                                                                  |                                                                |                                                                                                                                                                                                     |                                                                                                                             |                                               |

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MIRBEAU AT HOME