|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  | Saturday |
|  |  |  | 6:30 AM  Tight’n’Tone |  |  |  | 6:30 AM  Tight’n’Tone |  |  |  |  |
|  | 9 AM  Morning Rise |  |  |  | 9 AM  Morning Rise |  |  |  | 9 AM  Morning Rise |  |  |
|  |  |  |  |  |  |  |  |  | 10 AM  Zoom: Express Mat |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 11 AM  Fit & Tone |
|  | 2 PM  Fit & Tone |  |  |  | 2 PM  Fit & Tone |  |  |  |  |  |  |
|  | 5:30 PM  Fit & Tone |  |  |  | 5:30 PM  Fit & Tone |  | 5:30 PM  Fit & Tone |  |  |  |  |
|  |  |  |  |  |  |  | 6:30 PM  Zoom: Beginner Mat |  |  |  |  |



**Zoom Meeting IDs**

**Express Mat: 836 9265 6170**

**Beginner Mat: 810 7240 0916**