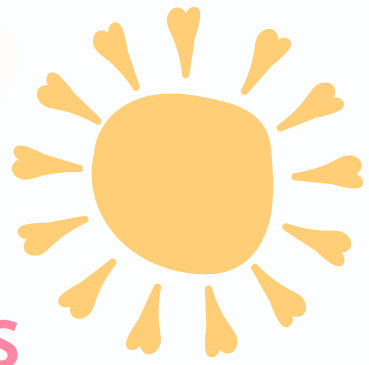


# MAY



## VIRTUAL WORKOUTS

*Eastern Standard Time Zone (Central Standard Time Zone)*

**MONDAY**

*11am-12pm (10am-11am) SLOW FLOW YOGA w/ James*

**WEDNESDAY**

*12:15pm-12:45pm (11:15am-11:45am) HARD CORE w/ Sam*

**THURSDAY**

*12pm-12:45pm (11am-11:45am) SCULPT w/ Amy*

**FRIDAY**

*10am-11am (9am-10am) YOGA w/Louise*

**SATURDAY**

*10am-11am (9am-10am) YOGA w/ Manjiri*



**GREATER  
MIDLAND**

**\*NO CLASSES MON. MAY 27**