

# MISSION FITNESS

SWEAT FOR GOOD

## October Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Sunrise Yoga	Morning Grind	Sunrise Yoga	Morning Grind		
8:45 AM	Indo-Row	○	Yoga Flow	○	Reform+Suspend	Bootcamp
9:45 AM	Pilates	Yoga Flow	Pilates	Reformer	Barre Flow	Yoga/Pilates
11:00 AM	Row + Run	Run for the Square	Row + Run	Run for the Square	○	
11:15 AM	Power Barre	○	Power Barre	○	○	
11:30 AM		Pilates		Pilates	○	
12:15 PM	Power Row	Reform+Suspend	Power Row	Pilates	Row + Flow	
1:00 PM	○	○	○	○	○	
2:00 PM	○	○	○	○	○	
3:00 PM	○	○	○	○	○	
4:30 PM	Reformer	○	○	○	○	
5:30 PM	Bootcamp	HIIT Core+Barre	Bootcamp	Barre Burn		
6:35 PM		Yoga Flow	Reformer	Pilates Flow		

○ Open Gym  
Nursery Available