**Wellness Exercise Room**
**Class Schedule**

| Time: | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 7:00 AM | | | | | | | |
| 7:30 AM | | | **Cleaning** | | **Cleaning** | | |
| 8:00 AM | | **Cleaning** | | **Cleaning** | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | **Stretch N' Flex** | | | |
| 12:00 PM | | **Yoga 12:10 - 12:55** | | **Yoga 12:10 - 12:55** | | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | **Yoga 1:10 - 1:55** | | **Yoga Strength 1:10 - 1:55** | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | | | | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | | **Pilates 5:20 - 5:50** | | | | | |
| 5:30 PM | | | | | | | |
| 6:00 PM | | **Pilates 5:55 - 6:25** | | | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | | | | | | | |