



TIH WELLNESS CLASS SCHEDULE

MONDAY

9:30 - 10:20am	HIIT X STRENGTH	blair adams	movement studio
5:30 - 6:30pm	MAT PILATES	rachel chea	movement studio

TUESDAY

7:00 - 8:00am	VINYASA FLOW	meghan gill	movement studio
8:15 - 9:05am	BARRE	britni knowles	movement studio
5:30 - 6:15pm	HIIT CARDIO	britni knowles	movement studio
6:30 - 7:30pm	YIN/GENTLE YOGA	meghan gill	movement studio

WEDNESDAY

6:00 - 7:00am	SWIM FIT	blue swim	pool
6:15 - 7:00am	HIIT CARDIO	britni knowles	movement studio
10:30 - 11:15am	SCULPT	britni knowles	movement studio
5:00 - 7:00pm	SQUASH CLUB	jonathan hope	squash courts
5:30 - 6:30pm	SLOW FLOW	mykah smith	movement studio

THURSDAY

8:15 - 9:05am	BARRE	britni knowles	movement studio
9:30 - 10:20am	ALL OUT STRENGTH	tarentee laing	movement studio
5:30 - 6:20pm	BARRE	britni knowles	movement studio

FRIDAY

9:00 - 10:00am	ANTI GRAVITY YOGA	meghan gill	movement studio
10:30 - 11:15am	HIIT CARDIO	britni knowles	movement studio

SATURDAY

9:00 - 9:45am	CARDIO SCULPT	britni knowles	movement studio
10:00 - 11:00am	VINYASA/ROCKET YOGA	mykah smith	movement studio

SUNDAY

10:00 - 11:00am	SLOW FLOW YOGA	mykah smith	movement studio
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