

# ONX + AMELIA

## CLASS SCHEDULE

Updated April 2024. Subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	Yoga Sculpt*	Power Yoga	Yoga CirCHIIT*	Power Yoga	Burnout*		
7:30AM		HotYasa		HotYasa			
9:00AM	Power Yoga*	Yoga Sculpt*	Power Yoga*	Yoga Sculpt*	HotYasa	7:30AM Hot Yoga (60)	
10:30AM	Yoga CirCHIIT*	SlowFlow Yoga*	Yoga CirCHIIT*	SlowFlow Yoga*	Yoga CirCHIIT*	9:00AM Burnout*	Yoga CirCHIIT*
12:00PM	Power Yoga*	Dance FHIITness	Power Yoga*	Dance FHIITness	Power Yoga*	10:30AM Power Yoga*	Power Yoga*
3:00PM	Yoga Sculpt*	Hot Yoga	HotYasa	Hot Yoga	Yoga Sculpt	12:00PM Yoga Sculpt*	Hot Yoga (90)
4:30PM	Hot Yoga (60)	Power Yoga*	Yoga Sculpt*	Power Yoga*	Hot Yoga (60)	4:00PM	SlowFlow Yoga*
6:00PM	Power Yoga*	Yoga CirCHIIT*	Power Yoga*	Yoga Sculpt*		5:30PM	Power Yoga (75 min)
7:30PM	Yoga Sculpt	Candlelight Yoga	Candlelight Restore*	Candlelight Yoga		7:30PM	Candlelight Yin*

\*livestreamed via Zoom