

# Live Stream Classes



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6am Power w/ Laura	6am Power w/ Steve		
9am FitFlow 65min w/ Jordyn I.	9:30am Flow w/ Laura		9:30am Power w/ Ryan	7:30am Power w/ Alissa	7:30am Power w/ Ryan	8am Power 65-min w/ Cindy
	12pm Power w/ Laura	11am Flow & Restore w/Mandeep	12pm Power w/ Nancy	9:30am Flow w/Suzanne	9:30am Pre-Natal w/Mandeep	9:30am Power Down & Deep Stretch w/ Cindy
	4pm Flow w/ Katherine	12:15pm 30-Min Flow w/Alissa	4pm Flow & Restore w/Katherine	11am Flow & Restore w/ Krista	12pm Power w/Mandeep	
	5:30pm Power w/ Cassidy	1:30pm Power w/ Laura	5:30pm Power w/ Hope	1:30pm Power Expanded w/Suzanne		
		5:30pm Flow & Restore w/ Vandana		5:30pm FitFlow 65min w/ Cheena		

- Low Intensity/ Restorative
- Moderate Intensity
- Moderate to High intensity

Register for live stream classes through our Dublin location in the app or online.

All live stream classes are hosted through Zoom. You can start the class in our app or through clicking on the link in the email you will receive 30 minutes prior to class.

Note, late arrivals to live stream classes may not be admitted.