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| Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday  | Sunday |
| **8:00 Cardio N HIIT w/ Camille****ID:**371-848-594**Pass:**3222  Or use this link <https://us02web.zoom.us/j/371848594?pwd=aURoQUd5VFFGeGllOEZSeFIxUi9Fdz09> |  | **8:00 Cardio FIT w/ Camille****ID:**371-848-594**Pass:**3222 Or use this link:   <https://us02web.zoom.us/j/371848594?pwd=aURoQUd5VFFGeGllOEZSeFIxUi9Fdz09> | **8:15 HIIT w/ Camille****ID:** 838 3057 1409**Pass:** 3222Or use this ink:  <https://us02web.zoom.us/j/83830571409?pwd=OW13OVIyMmlKN3puNUVPOUlCZjBCUT09> | **8:00 Cardio DANCE w/ Camille****ID:**747 810 905**Pass:**3222  Or use this link: <https://us02web.zoom.us/j/747810905?pwd=eG8zL1pxSXBaeXBWMTdTMXJ5YTZTUT09> |  |  |
| **9:15 Pilates Stretch w/ Camille****ID:**371-848-594**Pass:**3222  Or use this link <https://us02web.zoom.us/j/371848594?pwd=aURoQUd5VFFGeGllOEZSeFIxUi9Fdz09> | **9:15 Yoga w/ Kristen****ID:** 838 3057 1409**Pass:** 3222Or use this ink:  <https://us02web.zoom.us/j/83830571409?pwd=OW13OVIyMmlKN3puNUVPOUlCZjBCUT09> |  **9:15 Pilates Basic w/ Camille****ID:**371-848-594**Pass:**3222 Or use this link:   <https://us02web.zoom.us/j/371848594?pwd=aURoQUd5VFFGeGllOEZSeFIxUi9Fdz09> |  **11:00 Feldenkrais w/ Alice****ID:** **867-1740-7299** **Pass:** 796536Or use this Link[https://us02web.zoom.us/j/86717407299?pwd=TmNRVWdrV1FxZTUxK2VucmZzS2lzUT09](http://track.smtpsendemail.com/9016770/c?p=ZAZPAjREfN0a2zhUPz0c6RkjU8AlLM57fWgdmF0Lq6WpCk26hyrlQUyQklHraJMer0papMLh6pdJi9ZtiezR-MoE4kLUeKQIiBlChhhXnnPGrQ_KFnDQVzj8MhsJF1rrADpMm9eSRpmhSNM24VWkqpOEgLdTrevxkOWFODFy59F5puweSRc6i18BUax_8P60hUnct53nBgRUNs4fb02Auw==) |  **9:15 Pilates Strength w/ Camille****ID:**371-848-594**Pass:**3222 Or use this link:   <https://us02web.zoom.us/j/747810905?pwd=eG8zL1pxSXBaeXBWMTdTMXJ5YTZTUT09> | **10:00 Feldenkrais w/ Alice****ID:** **843-4436-4634****Pass:** 741743Or use this Link: [https://us02web.zoom.us/j/84344364634?pwd=c1dxK2FYVGlKQUU4OWRGOVZEajR3QT09](http://track.smtpsendemail.com/9016770/c?p=m2-TdvQHgk7dW3v5sZqPh53IOyrtAy6cnCpEiDh19XGmQqjlM6KHTdvIdUteEQ-q5kbTU1_j-9H4Bgi2_2J4Rq7btC7xpU3OJE5b5XIr1A2V2rxeVJpE6-Z7O-7J6kd5hgsRaofK0RR_vCg9SCNktEu_8nF-4svz1LT3UmNYbs6pnHDwvD66TkUyU5CUHsqIqt7sVeXoHezAzbwc8wZtyw==) | **6:30 pm Yamuna w/ Kristi****ID:** 558-169-5254 **Pass:** 099282  <https://us02web.zoom.us/j/5581695254?pwd=c3ErNW45QndxVlAvYk5Cdm1wWVJmZz09> |
| **5:30 pm****Yoga w/ Kristen****ID:**893 7432 1644**Pass:**3222 Or use this Link<https://us02web.zoom.us/j/89374321644?pwd=c3ZhR0d0T05obGRlZUVKTEt5MjBDZz09> |  | **10:00 Feldenkrais w/ Alice****ID:** 879 1851 9871**Pass:** 561383Or use this Link: <https://us02web.zoom.us/j/87918519871?pwd=U1VDd1puV00xQUFlakc3L3puayt4Zz09> | **6:00 pm Yamuna w/ Kristi****ID:** 558-169-5254**Pass:** 099282  <https://us02web.zoom.us/j/5581695254?pwd=c3ErNW45QndxVlAvYk5Cdm1wWVJmZz09>  |  | **10:30 Yamuna w/ Kristi**ID: 558-169-5254Pass: 099282 <https://us02web.zoom.us/j/5581695254?pwd=c3ErNW45QndxVlAvYk5Cdm1wWVJmZz09>   |    |
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