

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FITNESS & PILATES

Cycling

Alex – 8:30-9:30am

Weight Training

Alex – 9:35-10:30am

Pilates Barre

Dito – 9:45-10:45am

Zumba®

Jeison – 10:30-11:30am

Power Core Pilates

Lali – 5:30-6:30pm

Zumba®

Cristian – 6:30-7:30pm

TRX Boot Camp

Alex J – 7:30-8:30pm

Cycling & Sculpting

Sue Ellen – 8:30-9:30am

Zumba®

Cristian – 8:30-9:30am

Core Fit

Sue Ellen – 9:30-10:30am

Power Weight

Claudia – 6:30-7:30pm

Zumba®

Jeison – 7:30-8:30pm

Cycling

Lali – 8:30-9:30am

Cardio Kick Boxing

Sue Ellen – 8:30-9:30am

Zumba®

Jesion – 9:30-10:30am

Power Core Pilates

Lali – 9:30-10:30am

Cycling NEW

Alex – 6:30-7:30pm

Zumba®

Jeison – 6:30-7:30pm

Cycling

Sue – 8:30-9:30am

TRX Pilates Workout

Lali – 8:30-9:30am

Zumba®

Wally Diaz 9:30-10:30am

Power Core Pilates

Lali - 5:30-6:30pm

Zumba®

Cristian – 6:30-7:30pm

Cycling

Lali – 8:30-9:30am

H.I.I.T Circuit Training

Alex – 9:35-10:30am **NEW**

Pilates Barre

Dito – 9:45-10:45am

Zumba®

Cristian – 10:30-11:30am

Cycling

Lali – 9:00-10:00am

Pilates Sculpting

Belen – 10:00-11:00am

Zumba® - 11:00-12:00pm

Jeison

Power Weight

Danny – 10:00-11:00am

Zumba® - 11:15-12:30pm

Cristian & Jeison

YOGA

Iyengar – Level 1

Javier – 8:30-9:30am

Iyengar – Beginners

Javier – 11:00-12:00pm

Iyengar – Level 1

Javier – 6:00-7:15pm

Kundalini Yoga

Jiwan – 7:30-9:00pm

Om'echaye Yoga

Alex – 9:45-10:45am

Stretching Yoga

Sue Ellen - 10:45-11:45am

Meditation & Gong

Jiwan – 12:00-1:00pm

Teacher Practice

Javier – 12:15-1:45pm

Hot Yoga

Penny – 5:30-7:00pm

Vinyasa Flow Yoga

Linda – 6:30-7:30pm

Iyengar - Level 2

Javier – 7:30-9:00pm

Om'echaye Yoga

Wally – 10:45-11:45am

Yoga by Donation

Grad Students – 12:30-1:30pm

Iyengar - Beginners

Javier – 6:00-7:15pm

Om'echaye Yoga

Alex - 7:30-8:30pm

Back Alignment

Javier – 8:30-9:30am

Stretching Yoga

Sue Ellen – 9:45-10:45am

Iyengar - Beginners

Javier – 11:00-12:00pm

Restorative Yoga

Wally 6:15-7:15pm **NEW**

Back Alignment

Javier – 7:30-8:45pm

Iyengar – Level 1&2

Javier -8:30-9:30am

Kundalini Yoga

Jiwan – 9:30-11am

Restorative Yoga

Wally – 11:00-12:00pm

Iyengar – Level 1&2

Javier – 10:15-11:30am

Om'echaye Yoga

Wally – 11:30-12:30pm

Hot Yoga

Penny – 9:45-11:15am

Download our Om'echaye app to check this schedule in real time!



ALL CLASSES INCLUDED IN MEMBERSHIP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PILATES REFORMER

<p>Pilates Reformer Belen – 9:35-10:35am</p> <p>Pilates Reformer Sharon – 10:35-11:30am</p> <p>Pilates Reformer Jacqueline – 5:35-6:30pm</p>	<p>Pilates Reformer Sharon – 10:00-11:00am</p> <p>Pilates Reformer Sharon – 5:35-6:30pm</p> <p>Pilates Reformer Belen – 6:30-7:30pm</p>	<p>Pilates Reformer Lali – 10:35-11:30am</p> <p>Pilates Reformer Sharon – 6:35-7:30pm</p>	<p>Pilates Reformer Sharon – 9:35-10:30am</p> <p>Pilates Reformer Sharon – 10:35-11:30am</p> <p>Pilates Reformer Sharon – 4:35-5:30pm</p>	<p>Pilates Reformer Sharon – 8:35-9:30am</p> <p>Pilates Reformer Belen – 9:35-10:30am</p>	<p>Pilates Reformer Belen – 9:00-10:00am</p> <p>Pilates Reformer Sharon – 12:30-1:25pm</p>	<p>Pilates Reformer Jacqueline – 10:00-10:55am</p>
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POWER PLATE

<p>Power Plate Sue Ellen – 8:00-8:30am</p> <p>Power Plate Sue Ellen – 10:30-11:00am</p>	<p>Power Plate Sue Ellen – 8:00-8:30am</p>	<p>Power Plate Sue Ellen – 8:00-8:30am</p> <p>Power Plate Sue Ellen – 9:30-10:00am</p>	<p>Power Plate Sue Ellen – 8:00-8:30am</p>	<p>Power Plate Sue Ellen – 8:00-8:30am</p> <p>Power Plate Sue Ellen – 9:30-10:00am</p>		
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**MINDFULNESS MEDITATION
AND SOUND-HEALING**



Date: 2 / 15 / 18
Time: 7:00pm-8:30pm

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