

# EMPOWER Virtually Elevate GROUP CLASSES

MON

TUE

WED

THU

FRI

SAT

SUN

7:30 AM	BODY WEIGHT <i>Jeiel</i>	CHAIR WORKOUT <i>Jeiel</i>	ELEVATE STRETCH <i>Marlon</i>	BODY WEIGHT <i>Angel</i>	CARDIO PILATES <i>Marlon</i>	8:45 AM	ELEVATE STRETCH <i>Marlon</i>	ELEVATE STRETCH <i>Jeiel</i>
8:45 AM	FLEX BAND <i>Angel</i>	BODY WEIGHT <i>Angel</i>	EMPOWER MAT <i>Angel</i>	FLEX BAND <i>Jeiel</i>	BODY WEIGHT <i>Marlon</i>	10:00 AM	BODY WEIGHT <i>Marlon</i>	BODY WEIGHT <i>Jeiel</i>
12:00 PM	ELEVATE STRETCH <i>Marlon</i>	BODY WEIGHT <i>Jeiel</i>	FLEX BAND <i>Angel</i>	MAT-TONE <i>Angel</i>	EMPOWER MAT <i>Jeiel</i>	11:15 AM	MAT-TONE <i>Angel</i>	MAT-TONE <i>Angel</i>
6:30 PM	ELEVATE STRETCH <i>Jeiel</i>	BODY WEIGHT <i>Angel</i>	ELEVATE STRETCH <i>Marlon</i>	BODY WEIGHT <i>Jeiel</i>	ELEVATE STRETCH <i>Marlon</i>	12:30 PM	CARDIO PILATES <i>Angel</i>	CARDIO PILATES <i>Angel</i>
7:45 PM	BODY WEIGHT <i>Angel</i>	ELEVATE STRETCH <i>Marlon</i>	BODY WEIGHT <i>Jeiel</i>	ELEVATE STRETCH <i>Jeiel</i>	BODY WEIGHT <i>Jeiel</i>	1:45 PM	ELEVATE STRETCH <i>Marlon</i>	ELEVATE STRETCH <i>Marlon</i>
						3:00 PM	BODY WEIGHT <i>Angel</i>	BODY WEIGHT <i>Marlon</i>