

FITHAUS + SYNDICATE.YOGA SUMMER 2019 SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM
5:30 AM	5:30 CROSSFIT : Katie K.		5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Katie K.		5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Kelsey W.					
6:00 AM		6:00 HIIT EXPRESS (45min) Dawn C.				6:00 CORE + CONDITIONING Kelsey W.				6:00 HIIT HAUS Erin K				
6:30 AM	6:30 CROSSFIT: Katie K.		6:30 STRENGTH & CONDITIONING Kelsey W.		6:30 CROSSFIT: Katie K.		6:30 STRENGTH & CONDITIONING Kelsey W.		6:30 CROSSFIT: Kelsey W.					
7:00 AM														
7:30 AM														
8:00 AM	8:15 STRENGTH & CONDITIONING Kelsey W.				8:15 CORE + CONDITIONING Katie K.				8:15 STRENGTH & CONDITIONING Kelsey W.					
8:30 AM				8:15 GUIDED FLOW Yoga - Nick				8:15 GUIDED FLOW Yoga Mindy						
9:00 AM														
9:30 AM	9:15 CROSSFIT: Cora S.	9:30 HIIT Yoga* - Heather P.	9:30 HAUS BARRE* Amanda S		9:15 CROSSFIT: Cora S.	9:30 SCULPT Yoga* - Mindy	9:30 STRENGTH & CONDITIONING* Julianne K.		9:15 CROSSFIT: Kelsey W.	9:30 HIIT Yoga* - Heather P.				
10:00 AM														
10:30 AM	10:30 STRENGTH & CONDITIONING* Julie K.				10:30 STRENGTH & CONDITIONING* Kayla B.			10:30 GUIDED FLOW Yoga* Julianne K.	10:30 STRENGTH & CONDITIONING Katie K.					
11:00 AM				10:30 CORE + RESTORE Yoga* - Amanda S.										
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM														
1:30 PM														
2:00 AM														
2:30 PM														
3:00 PM														
3:30 PM	3:30 TEEN CROSSFIT: Katie S.													
4:00 PM														
4:30 PM	4:30 STRENGTH & CONDITIONING Kelsey W.	4:30 KIDS CROSSFIT: Katie S + Juliann K.			4:30 STRENGTH & CONDITIONING Julie K.			4:30 KIDS CROSSFIT: Kelsey W.	4:30 STRENGTH & CONDITIONING Kelsey W.					
5:00 PM														
5:30 PM	5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Katie K			5:30 CROSSFIT: Kelsey W.	5:30 CROSSFIT: Kelsey W.					
6:00 PM														
6:30 PM														
7:00 PM														
7:30 PM				7:00 Deep Stretch (Specialty Class)- Amanda		7:00 HATHA Yoga - Adam R.		7:00 YIN Yoga Mindy						
8:00 PM														
8:30 PM														

* classes with astrik have childcare available for \$2/child

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