

# 502PY HIGHLANDS SCHEDULE UPDATES • EFFECTIVE 5/1/24 • RED INDICATES NEW

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00							
6:00	<b>YOD</b> 6:00-7:00AM Gina O'Brien	<b>POWER VINYASA</b> 5:45-6:45AM Corey Butler	<b>POWER VINYASA</b> 6:00-7:00AM RaVone Wortham	<b>POWER VINYASA</b> 5:45-6:45AM Becky MacDonald	<b>FRIDAY FLOW</b> 6:00-7:00AM Sav Schenck		
7:00							
8:00	<b>POWER VINYASA</b> 7:30-8:45AM Nicole Hess		<b>YIN</b> 7:30-8:45AM Lauren/Cami		<b>FRIDAY FLOW</b> 7:30-8:45AM Rachel Kulp	<b>YOD</b> 7:30-8:45AM Melissa Hutchins	<b>YOD</b> 7:30-8:45AM Agnese Smith
9:00		<b>SLOW &amp; STRONG</b> 8:30-9:30AM Cami Glaser		<b>POWER VINYASA</b> 8:30-9:30AM Christopher DeRome			
10:00	<b>HEARTS &amp; HIPS</b> 9:30-10:45AM Cami Glaser	<b>POWER VINYASA</b> 10:00-11:00AM Tina Zeller	<b>HEARTS &amp; HIPS</b> 9:30-10:45AM Stephanie Kersting	<b>SLOW &amp; STRONG</b> 10:00-11:00AM Cami Glaser	<b>FRIDAY FLOW</b> 9:30-10:45AM Stephanie Kersting	<b>POWER VINYASA</b> 9:30-10:45AM Melissa Hutchins	<b>HEARTS &amp; HIPS</b> 9:30-10:45AM Corey Butler
11:00							
12:00	<b>POWER VINYASA</b> 12:15-1:00PM Sav Schenck	<b>POWER VINYASA</b> 12:15-1:00PM Stephanie Kersting	<b>POWER VINYASA</b> 12:15-1:00PM Corey Butler	<b>POWER VINYASA</b> 12:15-1:00PM Stephanie Kersting	<b>FRIDAY FLOW</b> 12:15-1:00PM Tina Zeller	<b>SLOW FLOW</b> 11:30AM-12:30PM Alison Cox	<b>YIN</b> 11:30AM-12:45AM Rotating
1:00						<b>POWER VINYASA</b> 1:00-2:00PM Rotating Instructors	
2:00							
3:00	<b>POWER VINYASA</b> 3:15-4:15PM Chloe O'Bryan		<b>POWER VINYASA</b> 3:15-4:15PM Lauren Schulz		<b>YOD</b> 3:15-4:15PM Alison Cox		
4:00							
5:00	<b>ROCKET</b> 4:45-5:45PM Cat Crawford	<b>YOD</b> 5:00-6:00PM Agnese Smith	<b>POWER VINYASA</b> 4:45-5:45PM Stephanie Kersting	<b>POWER VINYASA</b> 5:00-6:00PM Tina Zeller	<b>FRIDAY FLOW</b> 4:45-5:45PM Hannah Lipman		<b>POWER VINYASA</b> 4:45-5:45PM Chloe O'Bryan
6:00	<b>MEDITATE &amp; REJUVENATE</b> 6:15-7:15PM Stephanie Kersting	<b>POWER VINYASA</b> 6:30-7:30PM Cat Crawford	<b>POWER VINYASA</b> 6:15-7:15PM RaVone Wortham	<b>POWER VINYASA</b> 6:30-7:30PM Alison Cox			<b>RENEW &amp; RELEASE</b> 6:15-7:30PM Stephanie Deetsch
7:00							
8:00		<b>HEARTS &amp; HIPS</b> 8:00-9:00PM Chloe O'Bryan		<b>MEDITATE &amp; REJUVENATE</b> 8:00-9:00PM Nikki Tonini			