

H2L Weekly Schedule July 2020

Subject to change. Please check MINDBODY weekly for schedule updates.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
	5:00 -5:30am Bootcamp Express with Myka		5-5:45am Power Circuit with Myka		5:00-5:30am Cycle Express with Myka		5:30-6:20am Cycling + TRX	5:00 -5:30am Tabatas Express with Myka	<i>*Online*</i> Energy Yoga with Monica <i>*FREE*</i>			
6:00 - 7:00am Energy Yoga with Monica	6-6:45am Cycling with Myka	5:45-6:30am Cardio Barre with Cami L.	6:15-6:45am Cycle Express with Myka	6:00 - 7:00am Energy Yoga with Monica	6:00-6:45am Cycle with Myka	6:00 - 6:45am Cardio Barre with Kelly		6-6:45am Power HIIT with Myka	6-6:45am Cycling with Kelly	7am Outdoor Class Rotating	7-7:30am Cycle Express	
<i>*Online*</i> 7am Cardio Barre with Megan					<i>*Online*</i> 7am HIIT + Core with Megan						8-8:50am Advanced Pilates Equipment	7:00-7:45am Power Circuit with Sarah
	8:30-9:30am Cycle + Bootcamp + Core with Sarah	8:00-8:30am Cycle Express with Kelly	8:30-9:20am Pilates Equipment with Adrienne	8:30-9:15am Barre with Sarah		8-8:45am TRX with Heather M.	<i>*Online*</i> 8am Barre with Amy	<i>*Online*</i> 8:30am Barre with Amy	8:30-9:20am Pilates Equipment with Adrienne	8-8:45am Barre	8-8:45am Cycling	8:15-9:00am Cycle with Sarah
9:30 - 10:30am Yoga: Slow Flow with Lissa				9:30-10:15am Cycle with Sarah			9:30-10:20am Barre with Cami L.	9:30-10:30am Energy Yoga with Joy	9:30-10:15am Cycle + Core with Emma	<i>*Online*</i> 9am Core Express with Anna	9:15-10:00am Cycling	9-9:45am Barre with Adrienne M.
			<i>*Online*</i> 9:30am Barre Flow with Monica <i>*FREE*</i>							9:30-10:15am Cardio Barre or Power HIIT (Check MB!)	9:30-10:20am Pilates Equipment	10:15-11:05am Pilates Equipment with Adrienne
		11-12pm Yoga: Slow Flow with Lissa										10-10:45am Cycling with Shea
												10:30-11:30am Yoga: Slow Flow with Lissa
5:00 - 5:45pm Barre with Emma	5:15-6pm Cycle with Sarah		5:30-6:00pm Cycle Express with Emma	<i>*Online*</i> 5:30pm Power Circuit with Anna	5:00-5:45pm Cycle with Lindsey	5:00 - 5:45pm Barre with Emma	5:30-6:00pm Cycle Express with Kelly					
<i>*Online*</i> 5:30pm Yoga with Monica <i>*FREE*</i>		6:00 - 6:45pm Barre with Casey	6:00-6:50pm Pilates Reformer with Allison	6-6:45pm Barre with Ann	6:30-7pm Cycle Express with Lindsey	6:15-7:15pm Yoga with Deborah	6:30-7:15pm TRX with Emma		5:45-6:30pm Cycle with Adam			
6:15-7pm Power HIIT with Emma	6:30-7:15pm Cycle with Sarah	<i>*Online*</i> 7pm Tabatas Express with Anna		7:15-8:15pm Yoga: Slow Flow with Lissa	7:30-8pm Tabatas Express with Emma	<i>*Online*</i> 7pm Tabatas Express with Anna						<i>*Online*</i> 6:30pm Yoga HIIT with Joy
7:30-8:30pm Yoga: Slow Flow with Charity		7:15-8:15pm Yoga with Deborah	6:30-7:15pm Cycle with Emma									7:30pm Outdoor Rotating Class

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Email info@H2Lstudio.com with questions!

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