

SUNDAY Apr 14, 2019	MONDAY Apr 15, 2019	TUESDAY Apr 16, 2019	WEDNESDAY Apr 17, 2019	THURSDAY Apr 18, 2019	FRIDAY Apr 19, 2019	SATURDAY Apr 20, 2019
Yin Yang Yoga Strong Vinyasa followed by Relaxing Stretching 5:30PM - 7:00PM <i>B/Attitude</i>	Cardio Kick-Boxing Ladies Only 8:00AM - 9:00AM <i>Dynamik at Pearl</i>	Mat Pilates Ladies Only 9:00AM - 10:00AM <i>Dynamik at Pearl</i>	Vinyasa Yoga Strength and Flexibility 5:00PM - 6:00PM <i>B/Attitude</i>	Boxing Ladies Only 10:00AM - 11:00AM <i>Dynamik at Pearl</i>	Yoga: MYSORE assisted self-practice 8:00AM - 10:00AM <i>B/Attitude</i>	Yoga: MYSORE assisted self-practice 8:00AM - 10:00AM <i>B/Attitude</i>
Spinning class 6:30PM - 7:15PM <i>B/Attitude</i>	Kids Muay Thai All Levels 4-6 3:30PM - 4:00PM <i>B/Attitude</i>	Strong by Zumba 5:00PM - 6:00PM <i>B/Attitude</i>	HIIT Class 6:00PM - 7:00PM <i>B/Attitude</i>	Zumba Ladies Only 5:00PM - 6:00PM <i>Dynamik at Pearl</i>	Muay Thai Yoga Vinyasa yoga for athletes 12:30PM - 1:30PM <i>B/Attitude</i>	Boxing Fitness 10:00AM - 11:00AM <i>Four Seasons</i>
Zumba Ladies Only 6:00PM - 7:00PM <i>Dynamik at Pearl</i>	Kids Muay Thai All Levels 7-9 4:00PM - 5:00PM <i>B/Attitude</i>	Vinyasa Yoga Strength and Flexibility 6:00PM - 7:00PM <i>B/Attitude</i>	Mindful Yoga 6:15PM - 7:15PM <i>Four Seasons</i>	Ashtanga Yoga 5:00PM - 6:30PM <i>B/Attitude</i>	Muay Thai Pad-work Drills Intermediate & advanced 1:30PM - 2:30PM <i>B/Attitude</i>	Ashtanga Yoga 10:30AM - 12:00PM <i>B/Attitude</i>
Muay Thai Pad-work Mixed Gender 7:00PM - 8:00PM <i>Dynamik at Pearl</i>	Mat Pilates 5:00PM - 6:00PM <i>B/Attitude</i>	Vinyasa Yoga Strength and Flexibility 6:00PM - 7:00PM <i>Dynamik at Pearl</i>	Muay Thai Fundamentals Beginners 7:00PM - 8:00PM <i>B/Attitude</i>	Muay Thai Explosive Drills 6:30PM - 7:30PM <i>B/Attitude</i>		Mat Pilates Ladies Only 12:00PM - 1:00PM <i>Dynamik at Pearl</i>
Muay Thai Padworks MT Strength Conditioning 7:00PM - 8:30PM <i>B/Attitude</i>	Body Tone 6:00PM - 7:00PM <i>B/Attitude</i>	Muay Thai Conditioning & Sparring Beginners 7:00PM - 8:00PM <i>B/Attitude</i>	Muay Thai Technical Drill Class Intermediate & advanced 8:00PM - 9:00PM <i>B/Attitude</i>	Stretching 7:30PM - 8:30PM <i>B/Attitude</i>		Muay Thai Fundamentals Beginners 12:00PM - 1:00PM <i>B/Attitude</i>
	Hatha Yoga 7:00PM - 8:00PM <i>B/Attitude</i>	Muay Thai Padworks MT Strength Conditioning Mixed Gender 7:00PM - 8:00PM <i>Dynamik at Pearl</i>				Muay Thai Technical Sparring 1:00PM - 2:30PM <i>B/Attitude</i>
	Boxing Mixed Gender 7:30PM - 8:30PM <i>Dynamik at Pearl</i>	Spinning class 7:00PM - 7:45PM <i>B/Attitude</i>				Kids Muay Thai Kids age 4-9 3:00PM - 4:00PM <i>B/Attitude</i>
	Muay Thai Drills build Skills 8:00PM - 9:00PM <i>B/Attitude</i>					Cardio Kick-Boxing Ladies Only 4:00PM - 5:00PM <i>Dynamik at Pearl</i>
						Mat Pilates 5:00PM - 6:00PM <i>B/Attitude</i>
						Yin Yoga Stretching and Relaxing 6:00PM - 7:00PM <i>B/Attitude</i>
						Full Moon Yoga and Sound Meditation 7:00PM <i>The Westin</i>
						Full Moon Yoga 7:00PM <i>Four Seasons</i>