



Winter 2024 Class Schedule

Starts on Monday January 15, 2024.

Mon	Tues	Wed	Thurs	Fri	Sat	
Wake Up Joyful 6:00am - 6:30am 6 Week Series with Christie	Feel Good Mobility 7:30am - 8:00am Christine	Wake Up Joyful 6:00am - 6:30am 6 Week Series with Christie			Strong Bodies 9:00am - 9:45am Christie	
Balance Booster 8:15am - 8:30am CC	Calm Bodies 8:30am - 8:45am Courtney	Morning Sweat 8:00am - 8:15am Courtney			Strong Bop 7:00am - 7:30am Tess	Time For You 9:45am - 10:15am Courtney
Breathe It Out 12:15pm - 12:30pm Linzi	On Demand Lunch Club				CORE Strength 12:15pm - 12:30pm Courtney	Calm Bodies 8:30am - 8:45am Courtney
	Flirt with Flexibility 1:00pm - 2:00pm Hildy	On Demand Evening Club	Burlesque 1:00pm - 2:00pm Hildy	Dance It Out 12:15pm - 12:30pm Courtney	On Demand Weekend Club	
CORE Strength 6:00pm - 6:30pm Christie			Strong Yoga 6:00pm - 7:00pm Linzi			
Calm Bodies 7:00pm - 7:45pm Courtney	*Special Events* 6:00pm - 7:00pm <i>See schedule on Momenca</i>		Loyobo Coaching 6:30pm - 7:30pm Courtney	Tone & Flex 7:10pm - 7:55pm Courtney		
	Dance It Out 7:30pm - 8:15pm Courtney	Evening Yoga 7:30pm - 8:00pm Melissa				
		Calm Bodies 8:00pm - 9:00pm Linzi				

Sun
Calm Bodies 9:00am - 10:00am Linzi

For real-time class schedules, use the Loyobo FIT Momenca App or check out www.LoyoboFit.com!

