

HENDRICK - SOUTH / Virtual & Live / GF Schedule

WINTER – December & January

Key: Ⓞ = Virtual Class Gray Highlight = Live Class

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|------------------------------------|--|-------------------------------------|------------------------------------|---|
| 8:15 AM | | Chair Yoga Kathy | | Chair Yoga Kathy | |
| 8:30 AM | Ⓞ THE TRIP COMPLETE | | Ⓞ Les Mills CORE 9 AM Ⓞ barre | | Ⓞ THE TRIP COMPLETE |
| 9:30 AM | Gentle Yoga Kathy | Ⓞ LESMILLS BODYBALANCE | Gentle Yoga Kathy | Active Yoga Terri | Gentle Yoga Kathy |
| 10:45 AM | Mat Pilates Kathy | | Mat Pilates Kathy | | Mat Pilates Kathy |
| 12 PM | Ⓞ THE TRIP COMPLETE | Ⓞ LESMILLS BODYPUMP® | Ⓞ LESMILLS BODYCOMBAT® | Ⓞ THE TRIP COMPLETE | Ⓞ LESMILLS BODYPUMP® |
| 12:30 PM | | Ⓞ LESMILLS BODYBALANCE (flexibility) | Ⓞ Les Mills CORE | | Ⓞ LESMILLS BODYBALANCE (strength) |
| 4:30 PM | Ⓞ THE TRIP COMPLETE | | Ⓞ LESMILLS BODYCOMBAT® | Ⓞ LESMILLS BODYPUMP® | |
| 5:00 PM | | Ⓞ LESMILLS BODYPUMP® | | | |
| 5:30 PM | Yin Yoga / Restorative Kathy | | | Yin Yoga / Restorative Kathy | |

Staffed Hours of Operation

Monday through Thursday 6:00 AM – 6:00 PM

Friday 6:00 AM – 4:00 PM

24/7 Access with Security Code

Phone: 325-428-5700

