

HENDRICK - SOUTH / Virtual & Live / GF Schedule

SPRING – February, March, April

Key: Ⓞ = Virtual Class Gray Highlight = Live Class

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 AM		Chair Yoga Kathy		Gentle Yoga Kathy	
8:30 AM	Ⓞ THE TRIP COMPLETE		Ⓞ Les Mills CORE 9 AM Ⓞ barre		Ⓞ THE TRIP COMPLETE
9:30 AM	Gentle Yoga Kathy	Active Yoga Terri	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 6:30 AM – 6:30 PM

Friday 6:30 AM – 4:00 PM

24/7 Access with Security Code

Phone: 325-428-5700

