

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		Virtual Private with Nigel				
7:00 am	Virtual Private with Michelle	Virtual Private with Nigel	Virtual Private with Michelle	Virtual Private with Nigel	Virtual Private with Katrina	
8:15 am	Virtual Private with Michelle	Virtual Private with Nigel	Virtual Private with Michelle	CLASS Breathing & Stretching with Nigel	Virtual Private with Katrina	CLASS Centering Mat with Michelle
9:30 am	Virtual Private with Michelle	Virtual Private with Nigel	Virtual Private with Michelle	Virtual Private with Nigel	Virtual Private with Katrina	Virtual Private with Michelle
10:45 am						Virtual Private with Michelle
Afternoon and Evening						
12:30pm	Virtual Private with Meredith	Virtual Private with Meredith	Virtual Private with Meredith	Virtual Private with Meredith	Virtual Private with Meredith	
3:45 pm	Virtual Private with Meredith	Virtual Private with Meredith	Virtual Private with Katrina	Virtual Private with Meredith		
5:15pm	CLASS Chair & Standing with Meredith	Virtual Private with Meredith	CLASS Roller, Stability & Strength with Katrina	Virtual Private with Meredith		
6:30 pm	Studio Session / Private with Meredith	Virtual Private with Meredith	Virtual Private with Katrina	Virtual Private with Meredith		