



Body Moves Class and Workout Schedule August 9-15, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Uploads						
Touch Point						
Zoom						
	9:00AM AGELESS GRACE**	12:00PM QIGONG**	3:30PM Yin Yoga	9:00AM AGELESS GRACE**	10:30AM Nia	8:00AM Yoga
	3:30PM Yoga	3:30PM Gentle Yoga		3:30PM Gentle Yoga		9:00AM Nia
	5:30PM T'AI CHI**	5:00PM Nia		5:30PM T'AI CHI**		10:00AM Zumba
						10:45AM Body Sculpt
Facebook LIVE						
	8:00 AM Nia		5:30PM Nia	5:00PM Pilates		
	12:30PM Body Sculpt					
SGPT						
	Throughout the day	Throughout the day	Throughout the day	Throughout the day		

BOLDED CLASSES** indicate **in-studio** option. Please be sure to sign up online before class: <http://www.fitnessatbodymoves.com/courses.html>