



## Body Moves Class and Workout Schedule August 2-8, 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Uploads</b>						
Touch Point						
	<b>Zoom</b>	<b>Zoom</b>	<b>Zoom</b>	<b>Zoom</b>	<b>Zoom</b>	<b>Zoom</b>
	<b>9:00AM AGELESS GRACE**</b>	<b>12:00PM QIGONG**</b>	10:30AM Yoga with a Chair	<b>9:00AM AGELESS GRACE**</b>	10:30AM Nia	8:00AM Yoga
	3:30PM Yoga	3:30PM Gentle Yoga	<b>3:30PM YIN YOGA**</b>	3:30PM Gentle Yoga		9:00AM Nia
	<b>5:30PM T'AI CHI**</b>	5:00PM Nia		<b>5:30PM T'AI CHI**</b>		10:00AM Zumba
						10:45AM Body Sculpt
	<b>Facebook LIVE</b>		<b>Facebook LIVE</b>	<b>Facebook LIVE</b>		
	8:00 AM Nia		5:30PM Nia	5:00PM Pilates		
	12:30PM Body Sculpt					
	<b>SGPT</b>	<b>SGPT</b>	<b>SGPT</b>	<b>SGPT</b>		
	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>