The Hygge Suite Timetable



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	—	Sculpt & Sweat	—	Sculpt & Sweat	—	
9:30am	Sculpt & Sweat	Stretch + Core	Sculpt & Sweat	Stretch + Core	Sculpt & Sweat	10:00am Stretch + Core
12:30pm 30 min	Ab Attack	Boxercise	Breathwork	Sculpt & Sweat	Stretch + Core	11:00pm Strength & Conditioning (Womens Only)
1:30pm	Older Adult Mobility + Balance	Older Adult Mobility + Balance	Older Adult Mobility + Balance	Older Adult Mobility + Balance	Older Adult Mobility + Balance	
2:30pm		NMT Back Care	—	NMT Back Care	—	
6:00pm	Box Core (Mens Only)	Sculpt & Sweat	Box Core (Mens Only)	Sculpt & Sweat	Decompression Friday	
7:00pm	Stretch + Core	Boxercise	Stretch + Core	Boxercise	Stretch + Core	

Pulse 45 Timetable



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am		PULSE 45		PULSE 45	
9:30am	PULSE 45	PULSE 45	PULSE 45	PULSE 45	PULSE 45
12:30pm	PULSE 45	PULSE 45	PULSE 45	PULSE 45	PULSE 45
1:30pm	PULSE 45	PULSE 45	PULSE 45	PULSE 45	PULSE 45
6:00pm	PULSE 45	PULSE 45	PULSE 45	PULSE 45	PULSE 45
7:00pm	PULSE 45	PULSE 45	PULSE 45	PULSE 45	PULSE 45