|  |  |  |
| --- | --- | --- |
|  |  | Weekly Fitness Schedule Week of Jan 16, 2023 |
|  | Morning | Evening |
|  | 6am- Strength (Lower Body)  7am- Sunrise Yoga  10am- Weekly Goal Planning | 5:30pm- Strength (Lower Body)  6pm- Weekly Goal Planning  8pm- Evening Yoga |
|  | 6am- Strength (Core)  7am- Sunrise Yoga  10am- Healthy Eating Class | 5:30pm- Strength (Core)  6pm- Healthy Eating Class  8pm- Evening Yoga |
|  | 6am- Strength (Upper Body)  7am- Sunrise Yoga  10am- Snack Prep | 5:30pm- Strength (Upper Body)  6pm- Snack Prep  8pm- Evening Yoga |
|  | 6am- Strength (Recovery)  7am- Sunrise Yoga | 5:30pm- Strength (Recovery)  8pm- Evening Yoga |
|  | 6am- Strength (Lower Body)  7am- Sunrise Yoga  10am- Weekend Fun | 5:30pm- Strength (Lower Body)  6pm- Weekend Fun  8pm- Evening Yoga |
|  | 6am- Strength (Core/Upper Body)  7am- Sunrise Yoga  10am- Outdoor Hike (2 Hours) | 5:30pm- Strength (Core/Upper Body)  6pm- Dance Class (Hip-Hop)  8pm- Evening Yoga |
|  | 6am- Strength (Cardio Detox)  7am- Sunrise Yoga  10am- Weekly Goal Planning | 5:30pm- Strength (Cardio Detox)  6pm- Weekly Goal Planning  8pm- Evening Yoga |