



VIBES YOGA & FITNESS

www.vibe5fitness.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT VIBE5 5:45-6:45a	HOT VIBE5 5:45-6:45a	HOT VIBE5 5:45-6:45a	HOT VIBE5 5:45-6:45a	HOT VIBE5 5:45-6:45a	HOT VIBE5 8:00-9:00a	WARM VIBE5 8:00-9:00a
	BASE METHOD 7:15-8:00a		BASE METHOD 7:15-8:00a		BASE METHOD 9:30-10:30a	HOT VIBE5 9:30-10:30a
STRONG VIBE5 8:15-9:15a	HOT VIBE5 8:15-9:15a	STRONG VIBE5 8:15-9:15a	HOT VIBE5 8:15-9:15a	STRONG VIBE5 8:15-9:15a	HOT VIBE5 10:45-11:45a	HOT VIBE5 11:00-12:00p
HOT SLOW VIBE5 9:30-10:30a	STRONG VIBE5 9:30-10:30a	HOT VIBE5 9:30-10:30a	STRONG VIBE5 9:30-10:30a	HOT SLOW VIBE5 9:30-10:30a	BOOTCAMP 12:00-12:45p	WARM VIBE5 12:30-1:30p
STRONG VIBE5 10:45-11:45a	HOT SLOW VIBE5 10:45-11:45a	BASE METHOD 10:45-11:45a	HOT SLOW VIBE5 10:45-11:45a	STRONG VIBE5 10:45-11:45a		
WARM VIBE5 12:00-12:45p	BOOTCAMP 12:00-12:45p	WARM VIBE5 12:00-12:45p	BOOTCAMP 12:00-12:45p	WARM VIBE5 12:00-12:45p	NEW VIBE5 2:15-3:15p	
STRONG VIBE5 4:30-5:30p	HOT VIBE5 4:30-5:30p	STRONG VIBE5 4:30-5:30p	HOT VIBE5 4:30-5:30p	HOT VIBE5 3:00-4:00p	HOT VIBE5 3:30-4:30p	HOT VIBE5 4:30-5:30p
HOT VIBE5 6:00-7:00p	HOT VIBE5 6:00-7:00p	HOT VIBE5 6:00-7:00p	HOT VIBE5 6:00-7:00p	STRONG VIBE5 4:30-5:30p		DEEP VIBE5 5:45-6:45p
WARM VIBE5 7:15-8:15p	NEW VIBE5 7:15-8:15p	DEEP VIBE5 7:15-8:15p	NEW VIBE5 7:15-8:15p	HOT VIBE5 6:00-7:00p	 @vibe5fitness  @vibe5fitness	