



## Fit at Home™ | Streaming 9 classes a day, 6 days a week

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m. PT	<b>Cardio</b> Beginner <i>Madeleine</i>	<b>Cardio</b> Intermediate <i>Heather</i>	<b>Cardio</b> Advanced <i>Alex</i>	<b>Cardio</b> Beginner <i>Jasmine</i>	<b>Cardio</b> Intermediate <i>Penny</i>	<b>Cardio</b> Advanced <i>Aileen</i>
9:00 a.m. PT	<b>Yoga</b> Advanced <i>DeDe</i>	<b>Yoga</b> Beginner <i>Penny</i>	<b>Yoga</b> Intermediate <i>Andrea</i>	<b>Yoga</b> Advanced <i>Stacey Lei</i>	<b>Yoga</b> Beginner <i>Buddy</i>	<b>Yoga</b> Intermediate <i>Andrea</i>
10:00 a.m. PT	<b>Strength</b> Intermediate <i>Dwayne</i>	<b>Strength</b> Advanced <i>Adita</i>	<b>Strength</b> Beginner <i>Aileen</i>	<b>Strength</b> Intermediate <i>Sean</i>	<b>Strength</b> Advanced <i>Penny</i>	<b>Strength</b> Beginner <i>Madeleine</i>
11:00 a.m. PT	<b>Flex &amp; Balance</b> Beginner <i>June</i>	<b>Flex &amp; Balance</b> Intermediate <i>Penny</i>	<b>Flex &amp; Balance</b> Advanced <i>Denise</i>	<b>Flex &amp; Balance</b> Beginner <i>DeDe</i>	<b>Flex &amp; Balance</b> Intermediate <i>Damien</i>	<b>Flex &amp; Balance</b> Advanced <i>Portia</i>
12:00 p.m. PT	<b>Cardio</b> Intermediate <i>Penny</i>	<b>Strength</b> Intermediate <i>Keli</i>	<b>Cardio</b> Intermediate <i>Madeleine</i>	<b>Strength</b> Intermediate <i>Penny</i>	<b>Cardio</b> Intermediate <i>Adita</i>	<b>Mixed Format</b> Intermediate <i>Penny</i>
1:00 p.m. PT	<b>Mixed Format</b> Advanced <i>Keli</i>	<b>Mixed Format</b> Beginner <i>June</i>	<b>Mixed Format</b> Intermediate <i>Heather</i>	<b>Mixed Format</b> Advanced <i>Alex</i>	<b>Mixed Format</b> Beginner <i>Adita</i>	<b>Mixed Format</b> Intermediate <i>Dwayne</i>
2:00 p.m. PT	<b>Everything Circuits</b> Intermediate <i>Take It Outdoors</i>	<b>Old-School Recess</b> Intermediate <i>Take It Outdoors</i>	<b>Everything Yoga</b> Intermediate <i>Take It Outdoors</i>	<b>FUNctional Fitness</b> Intermediate <i>Take It Outdoors</i>	<b>Everything Cardio</b> Intermediate <i>Take It Outdoors</i>	<b>Mindful Movement</b> Intermediate <i>Take It Outdoors</i>
3:00 p.m. PT	<b>Dance</b> Intermediate <i>Damien</i>	<b>Dance</b> Advanced <i>Alex</i>	<b>Dance</b> Beginner <i>Heather</i>	<b>Dance</b> Intermediate <i>June</i>	<b>Dance</b> Advanced <i>Aileen</i>	<b>Dance</b> Beginner <i>Jasmine</i>
4:00 p.m. PT	<b>Tai Chi</b> Beginner <i>Samuel</i>	<b>Tai Chi</b> Intermediate <i>Portia</i>	<b>Tai Chi</b> Advanced <i>Carl</i>	<b>Tai Chi</b> Beginner <i>Portia</i>	<b>Tai Chi</b> Intermediate <i>Carl</i>	<b>Tai Chi</b> Advanced <i>Samuel</i>

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