



MORNING MOVEMENT

8:00 - 9:00AM

MONDAY	Mat Pilates	Movement Pavilion
TUESDAY	Morning Yoga	Meditation Hall
WEDNESDAY	Strength and Balance	Movement Pavilion
THURSDAY	Morning Yoga	Meditation Hall
FRIDAY	HIIT Flow	Movement Pavilion
SATURDAY	Morning Yoga	Meditation Hall
SUNDAY	SSBH Signature Workout	Movement Pavilion