



Express
May 3rd - May 9th

3408 Old Forest Rd
LYNCHBURG, VA 24501
(434) 455-5996

	FRI 3	SAT 4	SUN 5	MON 6	TUE 7	WED 8	THU 9
5am	REGYMEN REGYMEN Staff 5:30am - 6:30am			REGYMEN REGYMEN Staff 5:30am - 6:30am	REGYMEN REGYMEN Staff 5:30am - 6:30am	REGYMEN REGYMEN Staff 5:30am - 6:30am	
8am	REGYMEN REGYMEN Staff 8:30am - 9:30am			REGYMEN REGYMEN Staff 8:30am - 9:30am		Cardio Barre Group Fitness Studio Denise Doyle 8:15am - 9am	
						REGYMEN REGYMEN Staff 8:30am - 9:30am	
9am	Ball Yoga Mind & Body Studio Marinda Hamilton 9am - 10am	Saturday Stretch Mind & Body Studio Marinda Hamilton 9am - 10am		Ball Yoga Mind & Body Studio Marinda Hamilton 9am - 10am	REGYMEN REGYMEN Staff 9am - 10am	Ball Yoga Mind & Body Studio Marinda Hamilton 9am - 10am	Mat Pilates Mind & Body Studio Lucy Hathaway 9am - 10am
	REGYMEN REGYMEN Staff 9:45am - 10:45am	REGYMEN REGYMEN Staff 9:30am - 10:30am		Barre Group Fitness Studio Denise Doyle 9am - 9:50am	Core Chakra Mind & Body Studio Chris Grant 9am - 10am	REGYMEN REGYMEN Staff 9:45am - 10:45am	REGYMEN REGYMEN Staff 9am - 10am
				REGYMEN REGYMEN Staff 9:45am - 10:45am	Chair/ Cross Training Lite Group Fitness Studio Lucy Hathaway 9:30am - 10:15am		Functional Fitness Group Fitness Studio Denise Doyle 9:30am - 10:15am
10am	Power Lite Yoga Mind & Body Studio Jen Newell 10:45am - 11:45am	Yoga for Flexibility Mind & Body Studio Marinda Hamilton 10:15am - 11:15am		Gentle Yoga Mind & Body Studio Christine Euhus 10:45am - 11:45am	REGYMEN REGYMEN Staff 10:15am - 11:15am	Deep Stretch Mind & Body Studio Jen Newell 10:45am - 11:45am	Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am
					Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am		
11am		Hot Yoga Mind & Body Studio Marinda Hamilton 11:30am - 12:30pm					
12pm	REGYMEN REGYMEN Staff 12pm - 1pm	Hot Yoga Mind & Body Studio Marinda Hamilton 12:45pm - 1:45pm		REGYMEN REGYMEN Staff 12pm - 1pm		REGYMEN REGYMEN Staff 12pm - 1pm	YIN Yoga Mind & Body Studio Leesa Williams 12pm - 1pm
	TRX Group Fitness Studio Jen Newell 12pm - 12:45pm						
4pm				REGYMEN REGYMEN Staff 4:30pm - 5:30pm		Ball Yoga Mind & Body Studio Marinda Hamilton 4:30pm - 5:30pm	
						REGYMEN REGYMEN Staff 4:30pm - 5:30pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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5pm

FRI 3	SAT 4	SUN 5	MON 6	TUE 7	WED 8	THU 9
Vinyasa Mind & Body Studio Bethany Federico 5:20pm - 6:20pm			Sweat, Flow, and Glow Mind & Body Studio Marisa Freeman 5:45pm - 6:45pm	REGYMEN REGYMEN Staff 5:15pm - 6:15pm	Evening Yoga Mind & Body Studio Marinda Hamilton 5:45pm - 6:45pm	REGYMEN REGYMEN Staff 5:15pm - 6:15pm
						Evening Yoga Mind & Body Studio Stacy Dees 5:45pm - 6:45pm

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