



CLASS SCHEDULE

FALL 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM		BULL FIT (45 MIN)	BULL YOGA (1 HR)	BULL FIT (45 MIN)	REST & RECOVER DAY	BULL YOGA (1 HR) 9AM START	MEDITATION PROGRAM (1 HR)*
6:00 PM	BULL STRONG (45 MIN)	BULL YOGA (1 HR)					
6:30 PM			BULL FIT (45 MIN)	HIIT (30 MIN)			
7:30 PM		SLEEP MEDITATION (1 HR)				*registered program All classes hosted at the Haysboro Fit Studio and virtually	