

# LAUNCH TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 AM <b>STRONG REFORMER</b> 60 MINUTES	6:45 AM <b>RIDE</b> 45 MINUTES	6:45 AM <b>FLOW REFORMER</b> 60 MINUTES	7:45 AM <b>BARRE</b> 45 MINUTES	6:45 AM <b>BOX FIT</b> 60 MINUTES	8:30 AM <b>TOTAL BODY</b> 60 MINUTES	8:30 AM <b>POWER YOGA</b> 60 MINUTES
10:30 AM <b>FLOW REFORMER</b> 60 MINUTES	10:30 AM <b>BARRE</b> 45 MINUTES	9:30 AM <b>MAT PILATES</b> 60 MINUTES	9:30 AM <b>RIDE</b> 45 MINUTES	10:30 AM <b>TOTAL BODY</b> 60 MINUTES	9:30 AM <b>RIDE</b> 45 MINUTES	9:30 AM <b>BOX FIT</b> 60 MINUTES
12:30 PM <b>ASHTANGA</b> 60 MINUTES	12:30 PM <b>DYNAMIC REFORMER</b> 60 MINUTES	12:30 PM <b>SLOW FLOW YOGA</b> 60 MINUTES	10:30 AM <b>STRONG REFORMER</b> 60 MINUTES	12:30 PM <b>BARRE</b> 45 MINUTES	9:30 AM <b>HYBRID</b> 60 MINUTES	9:30 AM <b>FLOW REFORMER</b> 60 MINUTES
6:00 PM <b>MAT PILATES</b> 60 MINUTES	6:00 PM <b>DANCE FUSION</b> 60 MINUTES	6:00 PM <b>STRONG REFORMER</b> 60 MINUTES	12:30 PM <b>FLOW REFORMER</b> 60 MINUTES	12:30 PM <b>STRONG REFORMER</b> 60 MINUTES	10:30 AM <b>MAT PILATES</b> 60 MINUTES	4:30 PM <b>VINYASA &amp; MEDITATION</b> 75 MINUTES
6:00 PM <b>RIDE</b> 45 MINUTES	6:00 PM <b>FLOW REFORMER</b> 60 MINUTES	6:00 PM <b>TOTAL BODY</b> 60 MINUTES	5:30 PM <b>POWER YOGA</b> 60 MINUTES	5:45 PM <b>YIN YANG YOGA &amp; MEDITATION</b> 75 MINUTES	12:00 PM <b>STRONG REFORMER</b> 60 MINUTES	
7:00 PM <b>DYNAMIC REFORMER</b> 60 MINUTES	7:30 PM <b>YIN YOGA &amp; SOUND MEDITATION</b> 75 MINUTES	7:00 PM <b>BARRE</b> 60 MINUTES	6:00 PM <b>RIDE</b> 45 MINUTES			
7:00 PM <b>BOX FIT</b> 60 MINUTES			7:00 PM <b>HYBRID</b> 60 MINUTES			

LUNAR SPACE

LUNAR ALIGN

LUNAR RIDE

LUNAR GYM

