

OPTIMAL LIVE CLASS SCHEDULE - July 2021

M

**MINDFULNESS @
8:30AM W/ PAUL**

**BODYBLASTER @
12:00PM W/ JACKI**

T

**MINDFULNESS @
6:30AM W/ LINDSEY**

**LIV STRENGTH @
10:00AM W/ DEB**

**BARRE@ 4:15PM W/
ALISON**

W

**MINDFULNESS @
8:30AM W/ PAUL**

**HIIT @
12:00PM W/ JACKI**

T

**MINDFULNESS @
6:30AM W/ LINDSEY**

**LIV FIT @
10:00AM W/ FAMOUS**

**CIRCUIT @ 4:15 PM
W/ BRADEN**

F

**TGIF @
12:00PM W/ JACKI**



Class times shown in MST
Register & Join via Optimal