

# ONX

## CLASS SCHEDULE

Updated April 2024. Subject to change.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5:30AM

Burnout\*

Yoga CirCHIIT\*

Yoga CirCHIIT\*

Yoga Sculpt\*

Burnout\*

7:00AM

Power Yoga

Power Yoga

Burnout\*

8:00AM

Yoga Sculpt\*  
Power Yoga

Power Yoga

8:30AM

Yoga Sculpt\*

Burnout\*

Yoga Sculpt\*

Burnout\*

Yoga CirCHIIT\*

8:15AM

Yoga  
CirCHIIT\*

10:00AM

Burnout

Yoga CirCHIIT\*  
SlowFlow Yoga

Yoga CirCHIIT\*

Power  
Yoga/HotYasa

Yoga Sculpt\*

9:30AM

Burnout\*  
Power Yoga  
Barre

HotYasa  
Barre\*

4:30PM

Burnout

Yoga Sculpt\*  
Barre

Yoga CirCHIIT\*  
SlowFlow Yoga

Yoga CirCHIIT\*

SlowFlow Yoga  
Yoga Sculpt

11:00AM

Cardio  
Dance\*

6:00PM

Yoga Sculpt\*  
Barre  
Power Yoga

Burnout\*  
Power Yoga

Yoga Sculpt\*  
Barre  
Power Yoga

Yoga Sculpt  
Power Yoga

4:30PM

Yoga Sculpt

6:00PM

Power Yoga

7:30PM

Cardio Dance

Candlelight  
Yoga

Cardio Dance  
Yin Yoga

Candlelight  
Yoga

7:30PM

Candlelight  
Yoga

\*livestreamed via Zoom