











ELEMENT FITNESS STUDIO SCHEDULE

Effective 8/28/23 - 9/19/23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 – 6:30 AM  PATTY	5:30-6:20 AM RIDE ELISA	5:30 – 6:30 AM PATTY	5:30-6:20 AM HIIT - Strength JEN		
8:00 – 9:00 AM  JUDY	8:00 - 8:45 AM PILATES MAT SHERI	8:00 - 9:00 AM TABATA RYANN	8:00 - 8:45 AM STRETCH FLOW & ROLL JAMIE	8:00 - 8:45 AM TABATA JESS	8:15-9:00 AM BARRE Jen	
9:00 -9:45 AM RIDE Express ASHLEY	8:45-9:30 AM  EXPRESS RYANN	9:00 - 9:45 AM RIDE Express & MEDITATION ASHLEY	8:45 - 9:30 AM EXPRESS JESS/RYANN	8:45 - 9:30 AM YOGA LIFT JANET	9:00 - 9:45 AM  EXPRESS JESS	8:00-8:50 AM RIDE ELISA
9:45 – 10:45 AM  SERENA	9:30 - 10:15 AM  EXPRESS PATTY	9:45 – 10:45 AM  JUDY	9:30 - 10:15 AM  EXPRESS JESS	9:35 - 10:30 AM RIDE Express & ARMS/ABS RYANN	9:45 - 10:30 AM  EXPRESS JESS	9:00 – 9:55 AM  MARISA
	10:15-11:00 AM CHAIR YOGA SHERI		10:15-11:00 AM YOGA BASICS CINDY		10:35 - 11:35 AM MARISA	10:00 – 11:00 AM TOTAL BODY STRENGTH ANGELA/MARISA
11:00 - 11:45 AM SILVERSNEAKERS CLASSIC RYANN/SHERI	11:00 - 11:45 AM SILVERSNEAKERS CARDIO SHERI	11:00 - 11:45 AM SILVERSNEAKERS CLASSIC LISA B	11:00-11:45 AM SILVERSNEAKERS CARDIO GINA	11:00 – 11:45 AM SILVERSNEAKERS CIRCUIT CRYSTAL	11:40-12:40 PM CHAIR YOGA JANET	
11:45 AM – 12:45 PM 25 / 20 / 15 TERRI	11:45 - 12:45 PM MIXED LEVEL YOGA JANET	11:45 AM – 12:45 PM 25 / 20 / 15 CRYSTAL	11:45 - 12:45 PM YOGA LIFT JANET	11:45 AM – 12:45 PM 25 / 20 / 15 TERRI		

<p>4:45-5:30 PM</p>  <p>EXPRESS RACHEL</p>	<p>2:00 – 2:55 PM SILVERSNEAKERS CLASSIC BETH</p> <p>5:00 - 5:30 PM</p>  <p>EXPRESS MARISA</p>	<p>2:00 – 2:55 PM SILVERSNEAKERS CLASSIC SANDEE</p> <p>5:30-6:15 PM</p> <p>MIXED LEVEL VINYASA</p> <p>FLOW</p> <p>JANET</p> <p>5:00 – 5:45 PM</p> <p>EXPRESS CHELSEY</p>		
<p>5:35 - 6:20 PM</p> <p>BARRE EXPRESS JACKIE</p>	<p>5:30 – 6:30 PM</p>  <p>JESS/RACHEL</p>	<p>6:15 - 7:15 PM</p> <p>5:45– 6:30 PM</p>  <p>EXPRESS CHELSEY</p> <p>MARISA</p>		<p>CLUB HOURS MON- THURS: 5:00 AM - 11:00 PM FRIDAY: 5:00 AM – 10:00 PM SAT & SUN: 7:30 AM – 8:00 PM www.elementfitnesskc.com</p>
<p>6:25 - 7:10 PM</p>  <p>EXPRESS ANGELA</p>	<p>6:30 -7:15 PM</p>  <p>JULIE</p>	<p>6:30-7:00 PM</p> <p>VINYASA FLOW JANET</p>		
<p>7:15-7:45 PM</p> <p>HIIT - Strength CASSANDRA</p>	<p>7:15 - 8:00 PM</p> <p>RESTORATIVE YOGA JANET</p>	<p>7:00 - 8:00 PM</p> <p>RESTORATIVE YOGA JANET</p>		