



ALL VIRTUAL CLASSES (ZOOM)
RECORDINGS WITH ALL CLASSES



INWARD OFFICE
REGISTRATION APP

Inward Office

WWW.INWARDOFFICE.COM/ONLINE

MONDAY

7:00AM HIIT (pre-recorded 30min)
12:00PM Mindful chair yoga break
(20min)
5:00PM Yoga for Strength (60min)
5:30PM Pilates (45min)

TUESDAY

7:30AM Core + Yoga (30min)
4:45PM Tone/Stretch (45min)
6:00PM Zumba (30min)

WEDNESDAY

7:00AM Barre Flow (30min)
12:00PM Meditation (30min)
5:00PM Yoga for Healthy Aging
and Joints (50min)

THURSDAY

7:00AM Core Strength (30min)
7:35AM Sculpt (30min)
12:00PM Slow Flow Yoga (45min)
5:30PM Yoga for the Lower Back
(45min)

FRIDAY

12:00PM Mixed Levels Yoga
(30min)

WEEKENDS

Recordings available for the
week between classes
(Tuesday recordings expire
Monday night)