



Evolve Virtual Daily Workout Schedule as of Mar 21, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am BC/C (Rotating & Daphne/Kate)	6am BC (Sarah)	6am BC (Alan)	6am BC (Sarah)	6am BC (Alan)	6am BC (Megan)	10am Yoga (Andrew)
6:30pm Yoga (Annette)	7am BC (Nina)	6am C (Nina)	7am BC (Nina)	7am Yoga (Annette)	6am C (Becky)	10am BC/C (Matt & Andrew)
	8am BC (Anna)	9am BC (Christie)	8am BC (Lindsay)	9am BC (Zoe)	7am BC (Nina)	
	9am BC (Elizabeth)	9am Yoga (Kait)	9am BC (Zoe & Leanne)	12 pm BC (Christie)	8am BC (Anna)	
	10am FF (Alan)	12 pm BC (Amera & Kirstin)	10am FF (Alan)	4pm Yoga (Kyla)	9am BC (Meech)	
	12pm BC (Amera)	4:45pm BC (Scott)	10am Yoga (Kyla)	4:45pm BC (Scott)	10am FF (Alan)	
	12pm Yoga (Megan)		12pm BC (Zoe)		12pm BC (Kendra)	
	4:45pm BC (Megan)		4pm Yoga (Kyla)		12pm Yoga (Nikki)	
	4pm Yoga (Annette)		4:45pm BC (Andrew)			
	7pm Yin Yoga (Andrew)		7pm Yoga (Andrew)			

Legend:

BC = Bootcamp	C = Cardio	FF = Fitness Forever	BC/C = Hybrid Bootcamp/Cardio	Yoga	Other
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