

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Journey To Handstand with Jade - 11AM CT	3	4 Transform with Evelyn - 11AM CT	5 Chill with Maria - 11AM CT	6 Rise & Grind with Jess - 8.30AM CT
7 Transform with Maria - 8.30AM CT Sunday Slowdown with Julie - 7PM CT	8 Yoga & Weights with Sarah - 6PM CT	9 Journey To Handstand with Jade - 11AM CT	10	11 Transform with Evelyn - 11AM CT	12 Chill with Maria - 11AM CT	13 Rise & Grind with Jess - 8.30AM CT
14 Transform with Maria - 8.30AM CT Sunday Slowdown with Julie - 7PM CT	15 Yoga & Weights with Sarah - 6PM CT	16 Journey To Handstand with Jade - 11AM CT	17	18 Transform with Evelyn - 11AM CT	19 Chill with Maria - 11AM CT	20 Rise & Grind with Jess - 8.30AM CT
21 Transform with Maria - 8.30AM CT Sunday Slowdown with Julie - 7PM CT	22 Yoga & Weights with Sarah - 6PM CT	23	24	25 Transform with Evelyn - 11AM CT	26 Chill with Maria - 11AM CT	27
28	29	30	31			

All Times Are
Listed In
Central Time

Tune In Live Or
Catch The Replay

