

# OYM LIVE WEEKLY CLASS SCHEDULE\*

## MONDAY

6:30am **Upper Body** with Kate RH  
6:30pm **Nutrition Check in** with Katie S



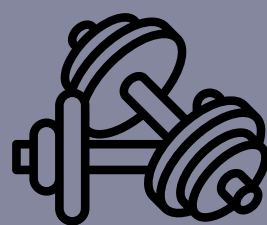
## TUESDAY

6:30am **HIIT** with Kate RH  
6:00pm **Ask Dr Katie** with Katie A (monthly)  
7:00pm **Body2TheBeat** (pre-record) with Claudia (fortnightly)  
7:30pm **Room to Breathe** with Anna



## WEDNESDAY

6:30am **Power Conditioning** with Katie S



## THURSDAY

6:30am **Lower Body** with Kate RH  
7:30pm **Yoga Flow** with Libby



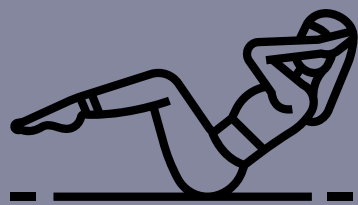
## FRIDAY

6:30am **Full Body** with Kate RH



## SATURDAY

7:30am **Pilates** with Sarah



## SUNDAY

8:30pm **Face Yoga** with Tamu



\*Weekly schedule subject to change. All classes available on demand after live session  
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