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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7:00 - 8:00 a.m. Yoga Flow	 7:15 - 8 a.m. Ride	 6 - 6:45 a.m. Ride	 7:15 - 8 a.m. Yoga Basics	 6 - 6:45 a.m. Ride	 9:30 - 10:15 a.m. Ride + Resist	 9 - 10:15 a.m. +  Spinyasa
 9:30 - 10:15 a.m. Ride + Resist	 12 - 12:45 p.m. Ride + Resist	 7 - 8 a.m. Yoga Flow	 12 - 12:45 p.m. Ride + Resist	 7 - 8 a.m. Yoga Flow	 10:30 - 11:15 a.m. Yoga Basics	 10:30 - 11:30 a.m. Yoga Flow
 12 - 12:30 p.m. Xpress Ride	 5:30 - 6:15 p.m. Ride	 9:30 - 10:45 a.m. +  Spinyasa	 5:30 - 6:30 p.m. Interval Strength	 5:30 - 6:45 p.m. +  Spinyasa	 11:45 - 1 p.m. +  Spinyasa	
 5:30 - 6:15 p.m. Ride	 6:30 - 7:45 p.m. +  Spinyasa	 12 - 12:30 p.m. Xpress Ride				
 6:30 - 7:15 p.m. Ride		 5:30 - 6:15 p.m. Ride				
		 6:30 - 7:15 p.m. Ride				

ALL CLASSES HELD AT
IMPACT CYCLE + YOGA

Sign up for classes at:
IMPACTNEXTLEVEL.COM/SCHEDULE

Classes Subject to Change

-  716.855.4469
-  ImpactNextLevel.com
-  ImpactYogaCycle@harborcenter.com
-  [impactharborctr](https://www.instagram.com/impactharborctr)
-  [@IMPACTharborctr](https://twitter.com/IMPACTharborctr)
-  [IMPACT HARBORCENTER](https://www.facebook.com/IMPACTHARBORCENTER)