

# LIVESTREAM

<b>MONDAY</b>	8:00AM	Core Strength & Mobility
	6:00 PM	Ring Strength at Home 🖐🖐
<b>TUESDAY</b>	7:00 AM	Splits Strength ①
	7:00 PM	Lower Body Strength & Mobility ①
<b>WEDNESDAY</b>	7:00 AM	Spinal Strength ✓
<b>THURSDAY</b>	8:00 AM	Lower Body Strength & Mobility
	7:00 PM	Splits Strength
<b>FRIDAY</b>	8:00 AM	Upper Body Strength & Mobility ①
	12:15 PM	GST Express ①
<b>SATURDAY</b>	8:30 AM	Splits Strength ①
	9:30 AM	Handstand Strength & Conditioning
<b>SUNDAY</b>	<i>Currently no Sunday Livestream classes</i>	