



ALMARENA

## W E E K L Y   S C H E D U L E

M O N D A Y  
STRENGTH LAB  
8AM

FUSION FITNESS  
9:15AM

T H U R S D A Y  
STRENGTH LAB  
8AM

SUNSET YOGA FLOW  
BY KAT MOULDER  
5:30PM

T U E S D A Y  
STRENGTH LAB  
8AM

F R I D A Y  
STRENGTH LAB  
8AM

FUSION FITNESS  
9:15AM

S U N D A Y  
SOUND BATH  
10AM

W E D N E S D A Y  
STRENGTH LAB  
8AM

FUSION FITNESS  
9:15AM

SUNSET SCULPT  
BY ANDREA VELEZ  
5:30PM

S A T U R D A Y  
VINYASA YOGA  
8AM

Please sign up in advance  
\$25 plus tax per class