



**WOMEN'S  
PRACTICE  
SCHEDULE**  
LIFEHOUSEFIT.COM

**MONDAY**

**9-10:30AM**  
STRONG/YOGA/MEDITATION

**TUESDAY**

**6-7AM**  
BARRE/MEDITATION

**9-10:30AM**  
ZUMBA/PILATES/MEDITATION

**WEDNESDAY**

**9-10:30AM**  
HIGH/YOGA/MEDITATION

**ONE FREE PRACTICE CLASS**

LIFEHOUSEFIT.COM

**THURSDAY**

**6-7AM**  
BARRE/MEDITATION

**9-10:30AM**  
ZUMBA/PILATES/MEDITATION

**FRIDAY**

**9-10:30AM**  
TABATA/YOGA/MEDITATION

**SATURDAY**

**7:45-9AM**  
HIIT/YOGA/MEDITATION  
FOR MEN, WOMEN & TEENS