



GROUP FITNESS SCHEDULE

2020

JANUARY - APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 AM		H.I.I.T. DANA STUDIO 2 7:15 - 8:00 A			H.I.I.T. DANA STUDIO 2 7:15 - 8:00 A No class Mar 6		
8:30 AM 9:00 AM		YOGA FLOW KELLY STUDIO 1 8:30 - 9:30 A		INTERVAL TRAINING DEB STUDIO 2 9:00 - 9:40 A	YOGA FLOW KELLY STUDIO 1 8:30 - 9:20 A		CARDIO & CORE KIM STUDIO 2 9:00 - 9:45 A
9:30 AM 9:45 AM	SLOW FLOW DANIELLE STUDIO 1 9:30 - 10:30 A	RESTORATIVE YOGA DANIELLE STUDIO 1 9:45 - 10:45 A	DEEP STRETCH VALERIE STUDIO 1 9:30 - 10:30 A	YOGA RHYTHMS DANIELLE STUDIO 1 9:45 - 10:45 A	DEEP STRETCH KELLY STUDIO 1 9:30 - 10:30 A	CORE FLOW KELLY STUDIO 1 9:30 - 10:30 A	
			FUNCTIONAL FITNESS: STRENGTH & BALANCE RHONDA STUDIO 2 9:30 - 10:30 A				
10:30 AM							SLOW FLOW + MEDITATION DANIELLE STUDIO 1 10:30 - 11:45 A

Please note the schedule is subject to change due to unexpected circumstances or inclement weather.