

GROUP FITNESS

class schedule

✦ MONDAY

1-2 PM Yoga Sculpt: Alyia
2-3 PM HIIT: Doug
4-5 PM Spin: Gabi
7-8 PM Zumba: Daniella

✦ TUESDAY

9-10 AM Yoga: Judi
10-11 AM Line Dancing: Judi
3-4 PM Yoga Flow: Alyia
4:15-5:15 PM Spin: Ava
5:30-6:30 PM Booty Blast: Nicole

✦ WEDNESDAY

9-10 AM Strength & Toning: Nicole
2-3 PM Arms & Abs: Doug
3-4 PM Zumba: Judi
4:30-5:30 PM Spin: Gabi

✦ THURSDAY

9-10 AM Spin: Ava
11:30 AM-12:30 PM Barre
Moves: Nicole
5:30-6:30 PM Yoga: Judi

✦ FRIDAY

10-11 AM Zumba: Judi

✦ SATURDAY

2-3 PM Yoga Sculpt: Alyia

✦ SUNDAY

11-12 PM Yoga: Judi
12-1 PM Yoga Flow: Alyia

