

FITNESS VIRTUAL SCHEDULE

TUNE IN TO OUR FACEBOOK PAGE & ZOOM TO
CONTINUE TO ENGAGE WITH YOUR COMMUNITY

LIVESTREAM VIDEOS WILL NOT BE AVAILABLE OUTSIDE OF LISTED CLASS TIMES

MONDAY

- 6:00AM GRIT: STRENGTH - KHALID
- *REGISTER ONLINE FOR ZOOM ACCESS
- 7:00AM VINYASA YOGA - REBECCA
- 10:00AM BODYCOMBAT - MAGGIE
- *REGISTER ONLINE FOR ZOOM ACCESS
- 11:00AM SS CLASSIC - SARAH
- 5:30PM BODYCOMBAT - KATIE V.
- *REGISTER ONLINE FOR ZOOM ACCESS
- 5:45PM BODYSTEP - MEGAN
- *REGISTER ONLINE FOR ZOOM ACCESS
- 6:00PM ZUMBA - SHEILA
- *REGISTER ONLINE FOR ZOOM ACCESS

TUESDAY

- 9:00AM GRIT: STRENGTH - HANNAH
- *REGISTER ONLINE FOR ZOOM ACCESS
- 10:00AM TONE - LAURA
- *REGISTER ONLINE FOR ZOOM ACCESS
- 11:00AM SS YOGA - PAULS
- 5:00PM TONE - HANNAH
- *REGISTER ONLINE FOR ZOOM ACCESS
- 5:30PM ZUMBA - TRACY
- *REGISTER ONLINE FOR ZOOM ACCESS
- 5:30PM BODYATTACK - MELISSA
- *REGISTER ONLINE FOR ZOOM ACCESS

WEDNESDAY

- 6:00AM GRIT: STRENGTH - KHALID
- *REGISTER ONLINE FOR ZOOM ACCESS
- 11:00AM SS CLASSIC - SARAH
- 6:00PM ZUMBA - KANDRA
- *REGISTER ONLINE FOR ZOOM ACCESS
- 6:00PM GRIT: CARDIO - HANNAH
- *REGISTER ONLINE FOR ZOOM ACCESS
- 6:00PM BODYCOMBAT - TARA
- *REGISTER ONLINE FOR ZOOM ACCESS

SATURDAY

- 9:00AM BODYCOMBAT - TARA
- *REGISTER ONLINE FOR ZOOM ACCESS
- 10:00AM TONE - HANNAH
- *REGISTER ONLINE FOR ZOOM ACCESS
- 10:30AM BODYSTEP - LAURA
- *REGISTER ONLINE FOR ZOOM ACCESS