



# GROUP EXERCISE SCHEDULE

January 24 - May 13

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		Strength & Stability (30) Core & Cool Down (15)	H.I.I.T. (30) Core & Cool Down (15)		H.I.I.T. (30) Core & Cool Down (15)
12:00 p.m.	Strength & Stability (30)		Yoga Flow (60)		Yoga Flow (60) *no class 2/11*
1:00 p.m.		H.I.I.T.(30)		H.I.I.T.(30)	
5:00 p.m.	Yin Yoga (60) *no class 2/7*		Cycle & Strength (45)		
					Red Classes are both virtual and in-person

