

MONDAY

[6:00 a.m. Spin](#) (40 min in Spin Room) Kellie
[7:00 a.m. Yoga](#) (40 min G2) Kellie
[8:00 a.m. Pilates/Barre](#) (50 min in G2) Garnett
[9:00 a.m. Tabata](#) (40 min in G2) Kellie
[Noon ZOOM Desk Fitness](#) (20 min. Kellie)
ID: 890 410 4933 Passcode: 727728
[6:30 p.m. Cardio Kickboxing](#) (50 min in G2) Karolyne

TUESDAY

[4:00 p.m. Barre Express](#) (25 min in G2) Kellie
[4:30 p.m. Tabata](#) (40 min in G2) Kellie ****NEW**
[4:30 p.m. Express Boxing](#) (30 min) Matt
[5:30 p.m. Total Body Conditioning](#) (50 min) Kellie
[6:30 p.m. Stretch class](#) (40 min in G2) Kellie

Wednesday

[9:00 a.m. Boxing Bootcamp](#) (45 min) Stephanie
[10:00 a.m. Pump & Core](#) (45 min on track) Stephanie
[4:00 p.m. Kids Fitness](#) (25 min in G1) Kellie
[4:30 p.m. Core](#) (40 min in G2) Kellie
[5:30 p.m. Track Bootcamp](#) (50 min) Kellie
[6:30 p.m. Yoga](#) (40 min in G2) Kellie

THURSDAY

[5:30 am Spin](#) (50 min in G2) Kellie ****NEW**
[6:30 am Yoga](#) (50 min in G2) Kellie
[9:00 a.m. Bands & Balance](#) (45 min on floor) Stephanie
[10:00 a.m. Boxing Bootcamp](#) (45 min) Stephanie
[4:00 p.m. Kids Fit Express](#) (25 min in G1) Kellie
[4:30 p.m. Barre Express](#) (25 min in G2) Kellie
[5:00 pm Total Fit](#) (50 min in G2) Kellie
[6:00 pm Stretch](#) (40 min in G2) Kellie

FRIDAY

[6:00 a.m. Spin](#) (40 min in Spin Room) Kellie
[7:00 a.m. Spin & Sculpt](#) (40 min in Spin Room) Kellie
[8:00 a.m. Step & Sculpt](#) (50 min in G2) Karolyne ****NEW**
[9:00 a.m. Core](#) (30 min in G2) Karolyne
[9:30 a.m. Stretch](#) (30 min in G2) Karolyne **** NEW**

SATURDAY

[7:00 a.m. Bootcamp](#) (40 min on Track) Kellie
[8:00 a.m. Core Strength](#) (40 min in G2) Kellie
[9:00 a.m. High-Low Fitness](#) (45 min in G1) Wendy **** NEW**
[9:00 a.m. Spin](#) (50 min in Spin Room) Kellie
[9:00 a.m. Kids Fit class](#) (50 min in G2) Stephanie
[10:00 a.m. Boxing Bootcamp](#) (45 min) Stephanie
[10:00 a.m. Stretch](#) (30 min in G1) Kellie
[11:00 a.m. Yoga Flow](#) (50 min in G2) Kellie

