

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: 362 243 3368
6:30 p.m. Cardio Kickboxing (50 min in G2) Karolyne

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

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

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**

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

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

