

Fall 2020 Group Fitness Schedule

classes run September 14 - November 30 (with select classes continuing to mid-December, pending popularity and instructor availability)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flow Yoga Josee 8:00-9:00am				Flow Yoga Josee 8:00-9:00am	Rise & Shine Yoga Bree 9:00-10:00am
					Spin 45 Malcolm 10:00-10:30am
		Spin Malcolm 12:10-12:55pm			Strength Circuit Malcolm 10:35-11:15am
		Bootcamp Malcolm 1:10-2:00pm	Spin 45 Maria 1:00-1:50pm		
Strength & Cardio <i>at home workout</i> Maria 2:30-3:10pm			Strength Circuit Maria 2:00-2:50pm		
	Spin 45 Joella 6:00-6:45pm				
	Sweat & Sculpt Joella 7:00-7:50pm				
Power Yoga Josee 7:00-8:00pm					

*classes may be cancelled if not enough participants sign-up in advance