

Summer 2021 Group Fitness Schedule

July & August 2021

Classes start July 19 until August 15

Monday	Tuesday	Wednesday	Thursday	Friday
				Flow Yoga Josee 8:00-9:00am
Bums & Tums Maria 12:15-1:00pm		Bootcamp Maria 4:00-4:45pm		
Spin Maria 1:15-2:00 pm		Spin Maria 5:00-5:45pm		
	Vinyasa Yoga Senja 7:00-8:00pm			