

Fall 2021 Group Fitness Schedule

classes run September 20 - December 3 (with select classes continuing to mid-December, pending popularity and instructor availability)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Friday Flow Yoga Christine 8-9:00am	Rise & Shine Yoga Christine 9-10:00am
					Spin & Strength Malcolm 10-10:30am
					Spin & Strength Malcolm 10:35-11:15am
	Total Body Tabata (studio 2) Rhonda 11-11:50am		Total Body Tabata (studio 2) Rhonda 11-11:50am	TGIF Spin 45 Maria 11:15am-12:00pm	
Staff & Faculty Yoga Christine 12:05-12:55pm	Bums & Tums (studio 2) Rhonda 12:05-12:55pm	Upper Body Strength Stuart 12-1:00pm	Bums & Tums (studio 2) Rhonda 12:05-12:55pm	Sweat & Sculpt Maria 12:15-12:50pm	
Lower Body Strength Stuart 1-2:00pm	Power Yoga Josee 1-2:00pm		Spin 45 Malcolm 1:05-2:00pm		
	Sweat & Sculpt Malcolm 4-4:50pm	Spun Out Spin Maria 4:30-5:00	Bums & Tums Maria 4-4:50		
	Spin 45 Malcolm 5-5:45pm	Sweat & Flow Maria 5:15-6:15pm	Jungle Gym Tabata Maria 5-5:50pm		
	Yoga for Athletes Jessie 6-6:45pm	Kickboxing Michael Oct 6- Nov 3 6:35-7:35pm			
Flow Yoga Senja 7:30-8:30pm	Yin by Candlelight Jessie 7-7:45pm				