



LIFT (Living In Faith Together) 🙌
 Men's Bible Study + Lift
 Saturdays @ 9:30AM
 Devoted Grind (Study 9:30am)
 Fox (Lift)

FOX FITNESS



MAY GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:15AM	PILATES	LES MILLS GRIT CARDIO VIRTUAL	PILATES	LES MILLS GRIT ATHLETIC VIRTUAL	LES MILLS PLUM CORE VIRTUAL	May 2nd 9:30AM LIFT	LES MILLS BODYCOMBAT VIRTUAL
09:00AM							LES MILLS BODYPUMP VIRTUAL
9:30AM	CIRCUIT	PILATES		PILATES			LES MILLS CORE VIRTUAL
11:00AM						May 9 9:30AM LIFT	
12:15PM	LES MILLS GRIT STRENGTH VIRTUAL		LES MILLS GRIT CARDIO VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL
03:00PM							LES MILLS BODYCOMBAT VIRTUAL
04:30 PM		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL		May 16th 9:30AM LIFT	LES MILLS BODYPUMP VIRTUAL
05:00PM							
05:30PM	LES MILLS GRIT	LES MILLS BODYPUMP		LES MILLS BODYPUMP			
06:15PM						May 23/30 9:30AM LIFT	LES MILLS BODYBALANCE VIRTUAL
06:30PM	BYOB	ZUMBA	BYOB				

- GRIT - 30 MIN HIIT
- BODY PUMP - 45 MIN OR 1 HR FULL BODY
- ZUMBA - 1HR DANCE CARDIO
- LIFT - MEN'S BIBLE STUDY/LIFT SESSION

- CIRCUIT - 1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY
- CORE - 30 MIN
- PILATES - 1HR FOCUS ON CORE, STRENGTH FLEXIBILITY