



## CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:30AM – 8:30AM  <b>TOTAL BODY VIRTUAL</b>  <b>BEVERLY</b>			7:30AM-8:30AM  <b>PILATES FUSION VIRTUAL</b>  <b>BEVERLY</b>	
9:30AM-10:30AM  <b>SERENITY YOGA VIRTUAL</b> <b>LOUISE</b>					
	5:00PM-6:00PM  <b>SERENITY YOGA VIRTUAL</b>  <b>LOUISE</b>	5:30PM-6:30PM  <b>PILATES FUSION VIRTUAL</b>  <b>BEVERLY</b>	5:30PM-6:30PM  <b>TOTAL BODY IN STUDIO &amp; VIRTUAL</b> <b>MARYGRACE</b>	5:15PM - 6:15PM  <b>SERENITY YOGA VIRTUAL</b>  <b>LOUISE</b>	5:30PM-6:30PM  <b>INTENSE TONE IN STUDIO &amp; VIRTUAL</b> <b>MARYGRACE</b>
CALL TO RESERVE A SPOT FOR IN-STUDIO CLASSES. YOU CAN TAKE AN IN-STUDIO CLASS FROM HOME VIRTUALLY. VIRTUAL CLASSES CAN BE TAKEN IN THE STUDIO WITH THE INSTRUCTOR ON SCREEN.					