

GROUP FITNESS CLASS SCHEDULE

Sun

5:30 – 6:30 PM Beginner Yoga – Monica

Mon

5:30 – 6:20 AM Sculpt – Ella

Wed

6:30 – 7:30 AM Yoga – Lucy

6:00 – 6:50 PM Sculpt – Ella

7:00 – 8:00 PM Dance Fitness – Jenn

Thurs

7:00 – 8:00 PM Mat Pilates – Pamela

Fri

5:30 – 6:20 AM Sculpt – Ella

5:30 – 6:30 PM Sculpt – Pamela

Sat

8:00 – 9:00 AM Mat Pilates – Pamela