

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	8:00-8:45 am: <b>AM Action</b>	8:00-8:45 am: <b>EMOM Train</b>	8:00-8:45 am: <b>AM Action</b>	8:00-8:45 am: <b>EMOM Train</b>	8:00-8:45 am: <b>AM Action</b>	8:30-9:30 am: <b>Sunrise Salutations</b>
	9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)	9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)	9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)	9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)	9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)	9:45-10:45 am: <b>Balance, Gait &amp; Strength</b> (Offered Virtually)
	11:00-12:00 pm: <b>Chair Yoga</b> (Offered Virtually)	12:00-12:45 pm: <b>Jumpstart Fitness</b>	11:00-12:00 pm: <b>Chair Yoga</b> (Offered Virtually)	12:00-12:45 pm: <b>Jumpstart Fitness</b>	1:00-2:00 pm: <b>Full Body Stretch</b> (Offered Virtually)	11:00-12:00 pm: <b>Zumba</b>
	1:00-2:00 pm: <b>Full Body Stretch</b> (Offered Virtually)	1:00-2:00 pm: <b>Balance, Gait &amp; Strength</b> (Offered Virtually)	1:00-2:00 pm: <b>Ab Attack Silver</b> (Offered Virtually)	1:00-2:00 pm: <b>Balance, Gait &amp; Strength</b> (Offered Virtually)	4:30-5:30 pm: <b>Bodyweight Bootcamp</b>	
	4:30-5:30 pm: <b>Bodyweight Bootcamp</b>	4:30-5:30 pm: <b>Body Pump</b>	4:30-5:30 pm: <b>Bodyweight Bootcamp</b>	4:30-5:30 pm: <b>Body Pump</b>		
	5:45-6:45 pm: <b>Buti Yoga</b>	5:45-6:45 pm: <b>Sunset Salutations</b>	7:00-8:00 pm: <b>Groove Fitness</b>	5:45-6:45 pm: <b>Sunset Salutations</b>		
		7:00-8:00 pm: <b>Zumba</b>				

