

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-5:00 pm: <b>Aerial Tricks (for kids)</b>	8:00-8:45 am: <b>AM Action</b>  9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)  1:00-2:00 pm: <b>Full Body Stretch</b> (Offered Virtually)  4:30-5:30 pm: <b>Bodyweight Bootcamp</b>  5:45-6:45 pm: <b>Buti Yoga</b>	8:00-8:45 am: <b>EMOM Train</b>  9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)  12:00-12:45 pm: <b>Jumpstart Fitness</b>  1:00-2:00 pm: <b>Balance, Gait &amp; Strength</b> (Offered Virtually)  4:30-5:30 pm: <b>Body Pump</b>  5:45-6:45 pm: <b>Sunset Salutations</b>  7:00-8:00 pm: <b>Zumba</b>	8:00-8:45 am: <b>AM Action</b>  9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)  1:00-2:00 pm: <b>Ab Attack Silver</b> (Offered Virtually)  4:30-5:30 pm: <b>Bodyweight Bootcamp</b>  7:00-8:00 pm: <b>Aerial Stretch (all ages)</b>	8:00-8:45 am: <b>EMOM Train</b>  9:00-10:00 am: <b>Warrior Workout</b> (Offered Virtually)  12:00-12:45 pm: <b>Jumpstart Fitness</b>  1:00-2:00 pm: <b>Balance, Gait &amp; Strength</b> (Offered Virtually)  4:30-5:30 pm: <b>Body Pump</b>  5:45-6:45 pm: <b>Sunset Salutations</b>  7:00-8:00 pm: <b>Groove Fitness</b>	8:00-8:45 am: <b>AM Action</b>  1:00-2:00 pm: <b>Full Body Stretch</b> (Offered Virtually)  4:30-5:30 pm: <b>Bodyweight Bootcamp</b>  7:00-8:00 pm: <b>Aerial Tricks (for adults)</b>	9:45-10:45 am: <b>Balance, Gait &amp; Strength</b> (Offered Virtually)  11:00-12:00 pm: <b>Zumba</b>