

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-5:00 pm: Aerial Stretch	8:00-8:45 am: AM Action	9:00-10:00 am: Warrior Workout (Offered Virtually)	8:00-8:45 am: AM Action	9:00-10:00 am: Warrior Workout (Offered Virtually)	8:00-8:45 am: AM Action	8:30-9:30 am: Hatha Yoga
	1:00-2:00 pm: Full Body Stretch (Offered Virtually)	1:00-2:00 pm: Balance, Gait & Strength (Offered Virtually)	1:00-2:00 pm: Ab Attack Silver (Offered Virtually)	1:00-2:00 pm: Balance, Gait & Strength (Offered Virtually)	1:00-2:00 pm: Full Body Stretch (Offered Virtually)	9:45-10:45 am: Balance, Gait & Strength (Offered Virtually)
	4:30-5:30 pm: Bodyweight Bootcamp	4:30-5:30 pm: Body Pump	4:30-5:30 pm: Bodyweight Bootcamp	4:30-5:30 pm: Body Pump	7:00-8:00 pm: Aerial Tricks	11:00-12:00 pm: Zumba
	5:45-6:45 pm: Vinyasa Yoga	7:00-8:00 pm: Zumba	7:00-8:00 pm: Aerial Stretch	7:00-8:00 pm: Groove Fitness		