

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	8:00-8:45 am: AM Action 9:00-9:45 am: Vinyasa Flow (offered virtually) 11:00-12:00 pm: Chair Yoga (offered virtually) 1:00-2:00 pm: Full Body Stretch (offered virtually) 4:30-5:30 pm: Bodyweight Bootcamp 5:45-6:45 pm: Workout for Guys- Student 6 Week Program	7:30-8:30 am: Fit Chicks/ EMOM Train 9:00-9:45 am: Vinyasa Flow (offered virtually) 10:00-11:00 am: Warrior Workout 1:00-2:00 pm: Balance, Gait & Strength (offered virtually) 4:30-5:30 pm: Body Pump 5:45-6:45 pm: Sunset Salutations 7:00-8:00 pm: Zumba	8:00-8:45 am: AM Action 9:00-9:45 am: Vinyasa Flow (offered virtually) 11:00-12:00 pm: Chair Yoga (offered virtually) 1:00-2:00 pm: Ab Attack Silver (offered virtually) 4:30-5:30 pm: Bodyweight Bootcamp 5:45-6:45 pm: Workout for Guys- Student 6 Week Program 7:00-8:00 pm: Yoga Nidra	7:30-8:30 am: Fit Chicks/ EMOM Train 9:00-9:45 am: Vinyasa Flow (offered virtually) 10:00-11:00 am: Warrior Workout 1:00-2:00 pm: Balance, Gait & Strength (offered virtually) 4:30-5:30 pm: Body Pump 5:45-6:45 pm: Sunset Salutations	8:00-8:45 am: AM Action 9:00-9:45 am: Vinyasa Flow (offered virtually) 1:00-2:00 pm: Full Body Stretch (offered virtually) 4:30-5:30 pm: Bodyweight Bootcamp	9:45-10:45 am: Balance, Gait & Strength (offered virtually) 11:00-12:00 pm: Zumba

