

# GOOD KARMA FITNESS CLASSES OUTDOOR AND ONLINE VIA ZOOM

[CONTRIBUTE HERE: WWW.PATREON.COM/XTREMEKINETIX](https://www.patreon.com/xtremekinetix)

| TIME    | MON                         | TUES                            | WED                                | THURS                           |
|---------|-----------------------------|---------------------------------|------------------------------------|---------------------------------|
| 5:00 pm | <b>ATTAX</b><br>ZOOM        | <b>XMA</b><br>SELBY PARK / ZOOM | <b>KIXBOX</b><br>SELBY PARK / ZOOM | <b>XMA</b><br>SELBY PARK / ZOOM |
| 6:00 pm | <b>XOTIC POLE</b><br>ZOOM   |                                 | <b>TWERX</b><br>SELBY PARK / ZOOM  |                                 |
| 7:00 pm |                             |                                 |                                    |                                 |
| 8:00 pm | <b>KIX x SPLITS</b><br>ZOOM | <b>TWERX</b><br>ZOOM            | <b>FOX HEELS</b><br>ZOOM           | <b>GYMNASTIX</b><br>ZOOM        |

