

GROUP FITNESS SCHEDULE

	Monday		Tuesday		Wednesday		Thursday		Friday
11:00 - 12:00			Tai Chi Chock		Tabata Spin Pati				Tai Chi Chock
12:00 - 12:30	TRX Julie	Sets & Reps Joni	Yoga Ayperi	Yoga Ayperi	TRX Julie	Sets & Reps Joni	Yoga Ayperi	Sets & Reps Joni	Sets & Reps Julie
12:30 - 1:00									
1:00 - 1:30	TRX Julie	Stretch Joni	Yoga Ayperi	CrossTrain X Julie	TRX/HIIT Julie	Stretch Joni	CrossTrain X Julie	Stretch Julie	Stretch Julie
1:30 - 2:00									
2:00 - 2:30				Yoga Gary			Yoga Gary		
2:30 - 3:00									
4:30 - 5:30					Tai Chi Chock				
5:30 - 6:30	Belly Dance Ayperi		Yoga Gary	Beginner Yoga Lorriana	Tai Chi Chock	Beginner Yoga Lorriana	Yoga Gary		

Pre-registration not required! Drop ins welcome! The group fitness class schedule is subject to change. Please check back for the updated scheduled at the beginning of each month to receive up-to-date information.