

MONDAY

[5:15 a.m.](#) Morning Strength (25 min G2) Kellie
[6:00 a.m.](#) Spin (50 min Spin Room) Kellie
[7:00 a.m.](#) Yoga Flow (50 min G2) Kellie
[8:00 a.m.](#) Pilates/Barre (50 min G2) Kellie
[9:00 a.m.](#) Tabata (50 min G2) Kellie
[Noon ZOOM Desk Fitness](#) (20 min. Kellie)
 ID: 890 410 4933 Passcode: 727728
[4:30 p.m.](#) Bootcamp (50 min Main Floor) Angie
[5:30 p.m.](#) Intro Weightlifting (50 min Main Floor) Matt*
[5:30 p.m.](#) Spin (50 min Spin Room) Angie

THURSDAY

[5:30 a.m.](#) Spin (50 min G2) Kellie
[6:30 a.m.](#) Yoga (50 min G2) Kellie
[9:00 a.m.](#) Core Strength (50 min G2) Wendy
[4:00 p.m.](#) Kids Fit Express (25 min Main Floor) Kellie
[4:30 p.m.](#) Barre Express (25 min G2) Kellie
[5:00 p.m.](#) Total Body Fit (50 min G2) Kellie
[6:00 p.m.](#) Stretch (25 min G2) Kellie

TUESDAY

[9:00 a.m.](#) Ski/Rower Fit (50 min Main Floor) Wendy
[9:30 a.m.](#) Spin (50 min Spin Room) Angie
[4:00 p.m.](#) Barre Express (25 min G2) Kellie
[4:30 p.m.](#) Tabata (50 min G2) Kellie
[4:30 p.m.](#) Express Boxing (25 min Boxing Area) Matt
[5:30 p.m.](#) Total Body Fit (50 min G2) Kellie
[6:30 p.m.](#) Stretch class (25 min G2) Kellie

FRIDAY

[5:15 a.m.](#) Morning Strength (25 min G2) Kellie
[6:00 a.m.](#) Spin (50 min Spin Room) Kellie
[7:00 a.m.](#) Spin & Sculpt (50 min Spin Room) Kellie
[9:30 a.m.](#) Step & Sculpt (50 min G2) Angie

WEDNESDAY

[5:15 a.m.](#) Morning Strength (25 min G2) Angie
[8:30 a.m.](#) HIIT (50 min G2) Angie
[9:00 a.m.](#) Boxing Bootcamp (50 min) Matt
[10:00 a.m.](#) Total Body Fit (50 min G2) Wendy
[4:00 p.m.](#) Kids Fitness (25 min Main Floor) Kellie
[4:30 p.m.](#) Core Strength (50 min G2) Kellie
[5:30 p.m.](#) Spin (50 min Spin Room) Kellie
[5:30 p.m.](#) Intro Weightlifting (50 min Main Floor) Matt*
[5:30 p.m.](#) Hip Hop Step (50 min G2) Angie
[6:30 p.m.](#) Yoga Flow (50 min G2) Kellie

SATURDAY

[7:00 a.m.](#) Bootcamp (50 min Track) Kellie
[8:00 a.m.](#) Spin (50 min Spin Room) Kellie
[9:00 a.m.](#) Kids Fit class (50 min Main Floor) Kellie
[10:00 a.m.](#) Stretch (25 min G2) Kellie
[11:00 a.m.](#) Yoga Flow (50 min G2) Kellie

