

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

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

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

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

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

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

