

2021

Group Exercise

November



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

6:00-7:00 AM CROSS TRAINING	6:00-7:00 AM CROSS TRAINING	6:00-7:00 AM CROSS TRAINING PI-	6:00-7:00 AM CROSS TRAINING		
	7:30-8:30 AM ABS&CORE (BALCONY)		7:30-8:30 AM ABS&CORE (BALCONY)		
8:45-9:45 AM YOGA	8:15-9:00 AM YOGA BALL	8:45-9:45 AM YOGA	8:15-9:00 AM YOGA BALL		
9:15-10:15 AM EASY DOES IT	9:00-10:00 Am Pop-up class	9:15-10:15 AM EASY DOES IT		9:15-10:15 AM EASY DOES IT	9:30-10:30 AM GROUP CYCLE
	10:00-11:00 AM		10:00-11:00 AM CLASSIC YOGA		
	11:00-12:00 PM CHAIR YOGA		11:00-12:00 PM SIT AND BE FIT (STRENGTH/ROM)		
12:00-1:00 PM CROSS TRAINING		12:00-1:00 PM CROSS TRAINING		12:15- 1:15 PM Pop up class	
		1:30-3:00 PM LINE DANCING			
5:00-7:00 PM BOXING	6:00-7:00 PM TABATA	5:00-7:00 PM BOXING	6:00-7:00 PM FULL BODY FITNESS		
			7:00-9:00 PM LINE DANCING		



Come check out our new boxing class on Mondays and Wednesdays from 5:00-7:00 PM
When accompanied by an adult, children 8 and older can attend any class in the studio.

