

Fall 2021 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM CONTACT KICKBOX/ CORE	6:15 AM TRX/ BALL COMBO			9:15 AM STRENGTH INTERVAL ADVANCED ★		MONTHLY WORKSHOPS
		10:45 ★ GENTLE FITNESS BALANCE, STRENGTH, FLEXIBILITY	10:45 ★ Mat Pilates/ Stretch & Awareness		11:00 Zumba 45-minutes	
					12:00 TRX/ Barre 40 Minute Intensive	
	5:30 ★ STRENGTH INTERVAL	6:15 CARDIO KICK-BOXING/ CORE	6:20 Strength Training Circuit			
7:15 P90X INTERVAL Benny	6:45 ★ Mat Pilates/ Stretch & Awareness	7:15 PM ★ YOGA Vinyasa Vinni				

Monthly meditation is held the first Thursday night of the month at 7:15.

★ = ZOOM Option