

Spring 2023

GROUP FITNESS

JANUARY 9 - MAY 31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7AM-8AM NO CLASS	7AM-8AM NO CLASS	7am-8am NO CLASS	7AM-8AM Yoga - Sunny	6:30AM-7:30AM NO CLASS
12PM - 1PM NO CLASS	12PM - 1PM NO CLASS	12PM - 1PM Yoga - Sunny	12PM - 1PM NO CLASS	12PM - 1PM NO CLASS
5:30PM - 6:30PM Hip Hop Step - Robyn	5PM - 6PM NO CLASS	4PM - 5PM NO CLASS	5PM - 6PM Yoga - Sunny	5PM - 6PM NO CLASS
6PM - 7PM NO CLASS	6PM - 7PM NO CLASS	5:30PM - 6:30PM Hip Hop Step- Robyn	6PM - 7PM NO CLASS	6PM - 7PM NO CLASS



DISCOVER WELLNESS

