

# WEEKLY FITNESS SCHEDULE

LIVE AND VIRTUAL GROUP FITNESS CLASSES

SPRING 2021 // JAN 12 - MAY 4

KEY: 📶 Offered virtual only; all other classes are offered live only unless stated otherwise.

Reserve your spot for live classes in advance, as space is now limited to a first come, first serve basis. Visit our website for more info.

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<b>MYSORE YOGA</b> 6:15 - 7:15 AM STUDIO 2 KRYSTIN	<b>SPIN</b> 6:15 - 7 AM STUDIO 1 PAM	<b>SUNRISE YOGA</b> 6:15 - 7 AM STUDIO 2 KRYSTIN	<b>SPIN</b> 6:15 - 7 AM STUDIO 1 PAM	<b>TONE IT</b> 6:15 - 7 AM STUDIO 2 TRACY
<b>TONE IT</b> 11:15 - 11:45 AM STUDIO 2   VIRTUAL CAILEY	<b>SWEAT IT OUT</b> 11:15 - 11:45 AM STUDIO 2 JACOB	<b>SWEAT IT OUT</b> 11:15 - 11:45 AM STUDIO 2 JULIE	<b>STRETCH</b> 11:15 - 11:45 AM STUDIO 2   VIRTUAL CAILEY	<b>POUND</b> 11:15 - 11:45 AM STUDIO 2   VIRTUAL TRACY
<b>SWEAT IT OUT</b> 12:15 - 12:45 PM STUDIO 2 STEPHANIE	<b>SQUAT CITY</b> 12:15 - 12:45 PM STUDIO 2   VIRTUAL STEPHANIE	<b>POUND</b> 12:15 - 12:45 PM STUDIO 2   VIRTUAL STEPHANIE	<b>SWEAT IT OUT</b> 12:15 - 12:45 PM STUDIO 2 STEPHANIE	<b>STRETCH</b> 12:15 - 12:45 PM STUDIO 2   VIRTUAL CAILEY
<b>SWEAT &amp; STRETCH</b> 3 - 3:45 PM STUDIO 2 CAILEY	<b>FITNESS JAM</b> 3 - 3:45 PM STUDIO 2   VIRTUAL JACOB	<b>BELLYDANCE</b> 3 - 3:45 PM STUDIO 2 JULIE	<b>POWER STRETCH</b> 3 - 3:45 PM STUDIO 2 CAILEY	
<b>ZUMBA</b> 4 - 4:45 PM STUDIO 2   VIRTUAL YARII	<b>POUND</b> 4 - 4:45 PM STUDIO 2 TRACY	<b>STAY STRONG YOGA</b> 4 - 4:45 PM STUDIO 2   VIRTUAL JULIE	<b>ZUMBA</b> 4 - 4:45 PM STUDIO 2   VIRTUAL YARII	
<b>SWEAT IT OUT</b> 6 - 6:45 PM STUDIO 2 SAMANTHA	<b>SPIN</b> 6 - 6:45 PM STUDIO 1 JANIE	<b>ZUMBA</b> 6 - 6:45 PM STUDIO 2   VIRTUAL GENOVEVA	<b>SPIN</b> 6 - 6:45 PM STUDIO 1 JANIE	
<b>STRONG NATION</b> 7 - 7:45 PM STUDIO 2 JACOB	<b>SWEAT IT OUT</b> 7 - 7:45 PM STUDIO 2 EMILY	<b>SWEAT IT OUT</b> 7 - 7:45 PM STUDIO 2 MAX	<b>POUND</b> 7 - 7:45 PM STUDIO 2   VIRTUAL EMILY	