

CLASS SCHEDULE

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Cardio
9 am

Vinyasa Yoga
9 am

Vinyasa Yoga
9 am

HIIT
9 am

Zumba Toning
10:30 am

HIIT
4:15 pm

Circuit
6 pm

Get Fit
Bootcamp
4:15 pm

Hatha Yoga
6:45 pm

Zumba
7 pm

Cardio
7:30 pm