

SUMMER GROUP FITNESS SCHEDULE

MAY 16 - JUNE 3

MON.

HIIT Fit & Core
12–12:45pm
Maddy
Studio 1

HIIT the Barre
5:15–6pm
Alexis
Zoom



TUE.

Yoga Sculpt
12–12:45pm
Lia
Studio 1/ Zoom

Zumba
5–5:45pm
Karin
Studio 1

WED.

HIIT Fit & Core
5–5:45pm
Karin
Studio 1

THUR.

Yoga Flow
12–12:45pm
Lia
Studio 1/ Zoom

Barre
5:15–6pm
Alexis
Zoom

