
MONDAY

5:30-6:15am Bootcamp - Jen
8:15-9am Vinyasa Yoga Flow -Kate
9:15-10am Strength/Cardio -Kathleen
5-5:45pm Stronger - Jen

TUESDAY

6:30-7am Core Blast - Melissa
8:15-9:15am TRX- Katie
4:30-5:15pm NEW TIME! Strength/cardio -
Kathleen
6-6:45pm Yoga Flow -Victoria

WEDNESDAY

5:30-6:15am Bootcamp -Jen
8:15-9am Yoga Flow - Sherri
9:15-10am Strength/cardio -Kathleen
5:30-6:15pm Yin Flow -Victoria

THURSDAY

6:30-7am SHRED30 - Melissa
8:15-9am Vinyasa Flow Yoga - Kate
9:15-10am HIIT - Kathleen

FRIDAY

6:30-7:15am Bootcamp -Jen
9:15-10am Step & Strength - Jen

SATURDAY

8:15-9am Sunrise Yoga - Amy
9:15-10am Yoga/Core Fusion - Melissa