



ACTIVITY CENTER

January 18th-31st Group Fitness

*Class schedule subject to change based on attendance



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Bootcamp w/ Jen *45 min VIRTUAL		Bootcamp w/ Jen *45 min VIRTUAL			
6:30 AM					Bootcamp w/ Jen *45 min VIRTUAL	
8:15 AM	Vinyasa Yoga w/ Rie *50 min Studio		Yoga w/ Rie *50 min Studio			Sunrise Yoga w/ Rie *50 min Studio
9:15AM	Vinyasa Yoga w/ Rie *50 min Studio	ALL Ages TRX w/Katie *1 hr Studio	Yoga w/ Rie *50 min Studio			Yoga w/ Rie *50 min Studio
9:30 AM						
3:00 PM		MWHS Cheer Team 3-4:45PM		MWHS Cheer Team 3-4:45PM		
5:15PM						
5:30 PM			Hatha Yoga w/ Victoria *1 hr Studio			
6:00 PM		Yoga Flow w/ Victoria *45 min Studio				

**Contact WAC for Virtual Class log in instructions