

MONDAY

5:30-6:15am Bootcamp -Jen
8:15-9am Vinyasa Yoga Flow - Sherri
9:15-10am Strength/Cardio - Kathleen
10:15-11am Essentrics - Suzann
5-5:45pm Bootcamp - Jen

TUESDAY

6:30-7am Core Blast - Melissa
8:15-9:15am TRX - Katie
9:30-10:30am Barre - Noelle
6-6:45pm Yoga Flow - Victoria

WEDNESDAY

5:30-6:15am Bootcamp -Jen
8:15-9am Flow Yoga - Sherri
9:15-10am Strength/Cardio - Kathleen
10:15-11am Just Yoga - Victoria
2:15-3pm NEW! Easy on the Joints - Suzann
5:30-6:15pm Yin Yoga Flow - Victoria

THURSDAY

6:30-7am Shred30 - Melissa
8:15-9am Vinyasa Yoga Flow- Noelle
9:15-10am HIIT - Kathleen
10:15-11am Essentrics - Suzann

FRIDAY

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

SATURDAY

8:15-9:00am Sunrise Yoga - Leslie
9:15-10:15am Yoga/Core Fusion - Melissa
