

CLASS SCHEDULE

1/30-2/5

MONDAY

- 5:30-6:15am** Bootcamp-Jen
- 8:15-9am** Yoga Flow - Sandy
- 9:15-10am** Strength & Cardio -Kathleen
- 5-5:45pm** Stronger - Jen
(Lower body)

TUESDAY

- 6:30-7am** Strength- Kathleen
- 8:15-9:15am** TRX - Katie
- 4:45-5:15pm** SHiNe Dance Fitness - Kathleen
- 5:15-5:45pm** Strength - 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** Strength - Kathleen
- 9:15-10am** PUMP- Rie
- 4:45-5:15pm** SHiNe Dance Fitness-Kathleen
- 5:15-5:45pm** Strength - 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/Pilates Fusion - Rie

SUNDAY

- 4:30-5:30pm** Candlelight Yin & Meditation-
Amy

