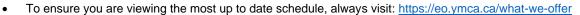
Group Fitness Schedule



MON	TUES	WED	ТНИ	FRI	SAT	SUN
	7:00-7:50am Wake Up & Workout	6:30-7:20am Early Bird Bootcamp				
			12:30-1:20pm Cyclefit	12:30-1:00pm Gentle Stretch		
		1:00-1:30pm Quick HIIT				
5:30-6:20pm Kettlebell Kraze		4:30-5:20pm CSI				
	5:30-6:20pm Zumba		6:30-7:20pm Tabata			
			7:30-8:20pm Yoga			



Last Updated: March 25, 2024

