



Group Fitness Schedule

Spring 2020

Monday

5:00pm- Tillou Tabata

5:00pm- PiYo

6:30pm- Kickboxing

Wednesday

5:00pm- Small Group Training

5:00pm- P90X

5:00pm- Yoga

Tuesday

6:35am- Yoga

12:05pm- Yoga for Beginners

4:45pm- Strength & Form

5:15pm- Zumba

5:30pm- BodyPump

6:30pm- BodyFlow

Thursday

5:30pm- BodyPump

*Schedule subject to change