



Group Fitness Schedule

Fall 2020

Monday

5:00pm- PiYo

5:00pm- Tillou Tabata

Tuesday

4:45pm- Strength & Form

5:30pm- BodyPump

Wednesday

4:00pm- Beginning Dance

5:00pm- Small Group Training

5:15pm- Zumba

5:30pm- Yoga

Thursday

4:00pm- Kickboxing

5:30pm- BodyPump

*Schedule subject to change