



GROUP FITNESS SCHEDULE

January 2021

Monday

6am HIIT **NC**
8am Yoga **B&H**
9am Zumba **NC**
10am SFB 4 Life **LD**
12pm Yoga **EE**
6:30pm Linedance **JS**

Tuesday

6am Pilates/Barre **LC**
8:15am Zumba **BJ**
9 am- Powerzone **BJ**
10am Tai Chi **HH**
5:15pm Yoga **EE**
6:15pm HIIT **NC**

Wednesday

6am HIIT **NC**
8am Yoga **B&H**
9am Zumba **NC**
10am SFB 4 Life **BJ**
12pm Yoga **EE**
5:30pm Cardio Hip-Hop
Ages 10 and up **JS**

Thursday

8:15am Zumba **BJ**
9am Powerzone **BJ**
10am Chair Yoga **Barb**
5:15pm Pilates/Barre **LC**
6:15pm HIIT **NC**

Friday

Saturday

Sunday