

ONLINE WORKOUTS

EFFECTIVE DATE: 03.23.2020 ▶

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 8:00AM LOAN DORST <i>(FB ACCOUNT)</i>	YOGA 8:00AM LOAN DORST <i>(FB ACCOUNT)</i>	YOGA 8:00AM LOAN DORST <i>(FB ACCOUNT)</i>	YOGA 8:00AM LOAN DORST <i>(FB ACCOUNT)</i>	YOGA 8:00AM LOAN DORST <i>(FB ACCOUNT)</i>	YOGA 8:00AM LOAN DORST <i>(FB ACCOUNT)</i>	YOGA 8:00AM LOAN DORST <i>(FB ACCOUNT)</i>
PILATES 10:00AM YUKI YOSHII <i>(FB LIVE + IG LIVE)</i>	PILATES 10:00AM YUKI YOSHII <i>(FB LIVE + IG LIVE)</i>	PILATES 10:00AM YUKI YOSHII <i>(FB LIVE + IG LIVE)</i>	PILATES 10:00AM YUKI YOSHII <i>(FB LIVE + IG LIVE)</i>	PILATES 10:00AM YUKI YOSHII <i>(FB LIVE + IG LIVE)</i>	PILATES 10:00AM YUKI YOSHII <i>(FB LIVE + IG LIVE)</i>	PILATES 10:00AM YUKI YOSHII <i>(FB LIVE + IG LIVE)</i>
GROOV3 11:00AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>	PILATES CONDITIONING 10:30AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>	GROOV3 11:00AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>	PILATES CONDITIONING 10:30AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>	HIP HOP 11:00AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>	GROOV3 11:00AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>	PILATES CONDITIONING 10:30AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>
	HIP HOP 11:30AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>		HIP HOP 11:30AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>			HIP HOP 11:00AM SUSAN/KERRY <i>(FB LIVE + IG LIVE)</i>