

# VIRTUAL CLASS SCHEDULE

EFFECTIVE DATE: SEPTEMBER 2020 ▶

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>BARRE STRENGTH</b> 8:00 AM AUTUMN <i>(VIMEO LIVE)</i></p> <p><b>BALANCE + CORE</b> 9:00 AM MEG <i>(VIMEO LIVE)</i></p>	<p><b>EMBODIED PILATES</b> 8:00 AM MEG <i>(VIMEO LIVE)</i></p> <p><b>BODY POWER</b> 9:00 AM MEG <i>(VIMEO LIVE)</i></p> <p><b>CARDIO SCULPT</b> 10:00 AM MEG <i>(VIMEO LIVE)</i></p>	<p><b>BARRE STRENGTH</b> 7:00 AM AUTUMN <i>(VIMEO LIVE)</i></p> <p><b>SCULPT</b> 10:30 AM JENN <i>(VIMEO LIVE)</i></p>	<p><b>CORE PILATES</b> 9:00 AM KAREN <i>(VIMEO LIVE)</i></p> <p><b>ZUMBA</b> 10:00 AM WES <i>(VIMEO LIVE)</i></p>	<p><b>BAREFOOT BOOT CAMP</b> 9:30 AM RIANA <i>(VIMEO LIVE)</i></p>	<p><b>BOOT CAMP</b> 8:30 AM MEG <i>(VIMEO LIVE)</i></p> <p><b>HIIT &amp; HILLS</b> 9:45 AM JENNA <i>(VIMEO LIVE)</i></p>	<p><b>ELASTIC BODY</b> 9:00 AM MEG <i>(VIMEO LIVE)</i></p> <p><b>ZUMBA</b> 10:00 AM KATHLEEN <i>(VIMEO LIVE)</i></p>
<p><b>BOOT CAMP</b> 5:30 PM JENNA <i>(VIMEO LIVE)</i></p>	<p><b>YOGA</b> 5:30 PM JENNIFER <i>(VIMEO LIVE)</i></p> <p><b>ZUMBA</b> 6:30 PM WES <i>(VIMEO LIVE)</i></p>	<p><b>HIIT + HILLS</b> 5:30 PM JENNA <i>(VIMEO LIVE)</i></p>	<p><b>STRENGTH &amp; LENGTH YOGA</b> 4:30 PM JENNIFER <i>(VIMEO LIVE)</i></p> <p><b>UJAM</b> 5:30 PM SAY SAY <i>(VIMEO LIVE)</i></p>			