

VIRTUAL CLASS SCHEDULE

EFFECTIVE DATE: OCTOBER 2020 ▶

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