

VIRTUAL CLASS SCHEDULE

EFFECTIVE DATE: MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODY POWER 9:00 AM MEG <i>(VIMEO LIVE)</i>	BALANCE & CORE 9:00 AM MEG <i>(VIMEO LIVE)</i> CARDIO SCULPT 10:00 AM MEG <i>(VIMEO LIVE)</i>	BARRE STRENGTH 7:00 AM AUTUMN <i>(VIMEO LIVE)</i>	CARDIO SCULPT 10:00 AM MEG <i>(VIMEO LIVE)</i>	BOOT CAMP 10:00 AM RIANA <i>(VIMEO LIVE)</i>	BARRE STRENGTH 8:00 AM AUTUMN <i>(VIMEO LIVE)</i>	
ZUMBA 6:30 PM WES <i>(VIMEO LIVE)</i>	CORE PILATES 4:30 PM MEG <i>(VIMEO LIVE)</i> BOOT CAMP 5:30 PM AUTUMN <i>(VIMEO LIVE)</i>	BARRE STRENGTH 4:30 PM CHARI <i>(VIMEO LIVE)</i>	YOGA 4:30 PM JEN <i>(VIMEO LIVE)</i>			