

November 13th-27th Virtual Drop-In Group Fitness

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM							
7:30 AM							
8:00 AM		Yoga Flow & Restore 8:00-8:45 Rahmi					
8:30 AM							
9:00 AM	Chisel 9:00-10:00 Naz	CLEANING	Warrior Bootcamp 9:30-10:30am Marcella	Total Body 9:00-10:00 Tammy		Flow Yoga 10:00-11:00 Marcella	CLEANING
9:30 AM		HIIT 9:30am-10:30am Marcella			Total Body Workout 9:30-10:30am Marcella		No Equipment Total Body Work out 9:00-10:00am Robin
10:00 AM	CLEANING		CLEANING	CLEANING		CLEANING	
10:30 AM					CLEANING		
11:00 AM	Hatha Yoga 10:15-11:15am Robin			Hatha Yoga 10:15-11:00- Darryl			
11:30 AM							
12:00 PM				CLEANING		Pilates & Core 9:30am-10:30am Christine	
12:30 PM	CLEANING						
1:00 PM							
1:30 PM							
2:00 PM						CLEANING	
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Active Ease 4:30-5:30PM Darryl					
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM		CLEANING	Total Body Workout 6:30-7:30pm Marcella	Glutes & Core Blast 6:30-7:30pm Lynn Ann	HIIT 6:30-7:30 Marcella		
7:00 PM							
7:30 PM			CLEANING		CLEANING	Yoga flow 7:00-8:00pm Darryl	
8:00 PM				CLEANING			
8:30 PM				Yoga flow 7:45-8:45pm Darryl	Yoga 7:45-8:45pm Christine		
9:00 PM							
9:30 PM					CLEANING		
10:00 PM							
10:30 PM							