

November | Group Fitness Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Circuit Training
7:15 - 8:00 am
Amelia

Upper Body
Blast
7:15 - 7:45 am
Amelia

Total Body
Stretch
12:00 - 12:20 pm
Amelia

Total Body
Boost
12:10 - 12:40 pm
Amelia

Bootcamp
12:10 - 12:40 pm
Amelia

Yoga
12:00 - 12:30 pm
Hope