

May | Group Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--------------------------------------|--|
| Full Body Stretch 10:05-10:25 am Amelia | Vinyasa Yoga 11:05-11:35 am Alyssa | | Sunrise Yoga 7:00-7:30 am Hope | |
| Core & Cardio 12:10 - 12:40 pm Alyssa | Total Body Boost 12:10 - 12:40 pm Amelia | Bootcamp 12:10 - 12:40 pm Amelia | Tabata 12:10 - 12:40 pm Amelia | Vinyasa Yoga 11:05-11:35 am Alyssa |
| | Circuit Training 4:05 - 4:30 pm Alyssa | Intro to Lifting 4:05 - 4:30 pm Alyssa | Mobility 5:00 - 5:30 pm Alyssa | |