

GROUP FITNESS

FREE FITNESS CLASSES ON APRIL 1!

MONDAY, APRIL 1ST



LOCATION
KEY

Studio 3

Cycle

Studio 4

7:00-7:45AM - BEAT BIKING - SHANIYA

8:00-8:45AM- BEAT BIKING - SABRINA

8:00-8:45AM- SCULPT'D YOGA - SHANIYA

9:00-10:00AM- FAST YOGA - STEVE

10:30-11:15AM- BEAT BIKING - MAGGIE

12:00-12:45PM - FAST PUMP IT UP - SARAH

12:30-1:45PM- BEAT BIKING - MAGGIE

4:00-5:00PM- YOGA - STEVE

4:30-5:15PM - SHAMROCK STRENGTH - EVONTA

4:30-5:15PM - BEAT BIKING - INDIA

5:30-6:30PM- KRIPALU YOGA - STEVE

5:45-6:30PM - BEAT BIKING - GRACE H.