

GROUP EXERCISE SCHEDULE

Schedule Effective: **August 19, 2021**

All Live/Zoom unless otherwise noted



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
9:30-10:15AM Barre ▲ Andrea	9:30-10:15AM Burn Factor Nicole	7:00-7:45AM Mat Pilates ▲ Andrea	8:30-9:15AM Rise & Shine Yoga Zoom Only Melissa			
9:30-10:30AM Mat Pilates Susan		9:30-10:15AM Level XT Nicole	9:00-9:45AM Burn Factor Monica	9:00-9:45AM Barre ▲ Andrea	9:30-10:15AM Cardio Kick Nicole	9:30-10:20AM Zumba Allison
10:45-11:30AM Foam Rolling ▲ Susan	10:30-11:15AM Mat Pilates ▲ Andrea	10:30-11:15AM Foam Rolling ▲ Kevin	10:00-10:45AM Mat Pilates ▲ Andrea		10:30-11:30AM Mat Pilates ▲ Susan	11:00 - 12:00PM Body Flow Lori
2:00-2:45PM Tai Chi Melissa		12:30-2:00PM Yoga Zoom Only Julie		11:00-11:50AM BANG DANCE Valentina	2:00-2:45PM Tai Chi Melissa	
4:00-4:45PM BSAF Zoom Only MaryDuke	4:00-4:45PM BSAF Zoom Only MaryDuke	3:00-3:45PM BSAF Susan	4:00-4:45PM BSAF Zoom Only MaryDuke	4:00-4:45PM BSAF Zoom Only MaryDuke		
6:00-6:45PM Strength Circuit Gina				5:00-5:45PM Restorative Yoga Zoom Only Melissa		
6:15-7:00PM Restorative Yoga Zoom Only Melissa						

Email individual instructors by 8pm the day before to register for Zoom classes. A minimum of 4 participants per class.

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For general questions, please email workout@levelfitness.com Valentina: kaliada.v@gmail.com