SOUND FITNESS GROUP EX SCHEDULE - JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:00 CORE Brooke 9:00-10:00 BODYVIVE/TONE Brooke 10:00-11:15 YOGA Sam 5:45-6:45 BOXING John 6:00-7:00 BODYPUMP Amie	5:45-6:30 CYCLE Brooke 8:00-9:00 YOGA Sam 9:00-10:00 ZUMBA TONING Melanie 10:00-11:00 CYCLE David 5:30-6:15 YOGA FLOW Alexandra 6:15-7:00 BODYVIVE/TONE Keatha	9:00-10:00 PIYO LIVE Melanie 8:45-9:45 BODYPUMP Brooke 10:00-11:15 YOGA Sam 10:30-11:30 HOLY YOGA Alexandra 2:30-4:00 TAI CHI Jan 5:30-6:00 CORE Brooke 6:00-6:30 HIIT CYCLE Brooke 6:00-7:00 ZUMBA TONING Melanie	8:45-9:45 YOGA FLOW Mary 9:00-10:00 ZUMBA Melanie 10:00-10:45 BARRE Danielle 10:00-11:00 CYCLE David 11:00-11:45 SENIOR STRENGTH & MOTION Glenn 5:15-6:15 HOLY YOGA Alexandra 6:15-7:15 BODYPUMP Amie	8:30-9:00 CORE Brooke 9:00-10:00 BODYVIVE/TONE Holly 10:00-11:00 YOGA FLOW Alexandra 10:00-11:00 PUMP Brooke	6TH - 9:00AM CYCLE 101 13TH - 9:00AM TONE/PUMP LAUNCH 20TH - 9:00AM BARRE 27TH- 9:00AM ZUMBA TONING 10:00-11:00 RESTORE YOGA Mary/Alexandra

HapKiDo*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-4:30 Pee Wee Class 4:30-5:30 Youth	5:00-6:00 Adult	4:00-4:30 Pee Wee Class 4:30-5:30 Youth	5:00-6:00 Adult		11:00 HapKiDo

Club Hours:
Monday-Friday 5:30am - 9:00 pm
Saturday 8:00 am - 3:00 pm
Sunday 1:00 - 5:00 pm

Full chedule effective 01/15/2018. Classes are subject to change. See our Facebook page for the latest updates.Class participants must wear rubber soled athletic shoes in classes except yoga and Piyo.
*There is an additional fee for participation in HapKiDo classes.