

GROUP EXERCISE SCHEDULE

Schedule Effective: **May 17th, 2020**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
10:30-11:15AM Full Body Jocie	7:45-8:45AM Body Flow Janet	9:30-10:15AM Level XT Nicole	9:00-9:45AM Burn Factor Monica	9:00-9:45AM Barre Andrea	10:00-10:45AM Cardio Kick Nicole (Monica 23rd)	10:00-10:45AM Cardio & Core Jocie
2:00-2:45PM Tai Chi Melissa	9:30-10:15AM Burn Factor Nicole	10:30-11:15AM Foam Rolling Kevin	10:00-10:45AM Mat Pilates Andrea	10:00-10:55AM Body Flow Janet	11:30-12:15PM Mat Pilates Susan	
6:00-6:45PM Strength Circuit Gina	10:30-11:15AM Mat Pilates Andrea	12:30-1:30PM Yoga Julie	4:00-4:45PM BSAF MaryDuke		2:00-2:45PM Tai Chi Melissa	
	12:00-12:30PM Meditation Julie	2:00-2:45PM Tai Chi Melissa	6:00-6:45PM Level XT Jocie		4:30-5:15PM Mobility & Stretch MaryDuke	
	4:00-4:45PM BSAF MaryDuke	3:00-3:45PM BSAF Susan				

Email individual instructors by 8pm the day before to register for Zoom classes. A minimum of 3 participants per class. Registration required.

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