

Core Fit schedule

Monday

5:15 am Barre & Bells (Allyx-M)
6:00 Core Barre (Pennie-B)
6:45 Core & Restore (Jen-M)
8:30 Boot Camp (Fran-M)
11:10 Pilates Plus (Melissa-M)
12:10 pm Core & Restore (Tuula-M)
4:30 Tia Chi (Gregg-M)
5:20 Core Barre (Karise-B)
5:30 Fit Camp/Workshops (Tuula-M)
6:00 Fit Cycle (Kristen-B)

Tuesday

5:30 am Cycle Sculpt (Jess-B)
6:00 Pi-Yo (Anne-M)
6:45 Pilates Plus (Anne-M)
8:30 Fit Power (Fran-M)
11:10 Hard Core Abs (Michelle-M)
12:10 pm Core Barre Pi-Yo (Tuula-M/B)
4:30 Pi-Yo (Missy-M)
4:30 Boot Camp (Fran-B)
5:30 All Level Yoga (Lynn-M)
6:30 ReMix (Allyx-B)
7:00 Belly (Stephanie-M)

Wednesday

6:00 Hard Core Abs (Jen-M)
6:45 Restorative Yoga (Tuula-M)
8:30 Sweat & Abs (Fran-M)
11:10 Pilates Fusion (Melissa-M)
12:00 Fit Cycle (Dani-B)
12:10 pm Pilates Plus (Tuula-M)
1:10 Warm Yin (Tuula-B)
4:30 Boot Camp (Fran-M)
5:30 Pound Rockout (Tuula/Jen/Lori-M)
6:30 Sweat Abs (Allyx-M)

Thursday

5:30 am Barre & Bells (Jess-B)
6:00 Pi-Yo (Michelle-M)
6:45 Core Barre (Anne-B)
8:30 Cycle Fusion (Fran-B)
11:10 Core Barre Pi-Yo (Karise-M/B)
12:10 pm Pi-Yo (Tuula-M)
4:30 Mat Pilates (Missy-M)
5:30 Yogilates (Lynn-M)
6:00 Boxing (Kristen-B)
6:45 Circuit (Allyx-B)
7:00 Belly (Stephanie-M)

Friday

5:30 am Cycle (Dani-B)
6:00 Core Barre (Pennie-M)
6:45 Mat Pilates (Tuula-M)
8:30 Boot Camp (Fran-M)
11:10 Pi-Yo or RY/Yin (Melissa-M)
12:10 pm Power Flow Yoga (Tuula-M)
5:30 Pound Rockout (Lori/Jen/Tuula-M)
6:00 Beat Boss (Jess/Kristen/Dani-B)

Saturday

8:00 am All Level Yoga (Lynn-M)
*3rd Sat of each month: Holy Yoga
8:00 Beat Boss (Kristen-B)
9:15 Fit Camps/Workshops (Tuula-M)
9:15 Boxing (Jess-B)

Sunday

9:00 Circuit (Cory-M)
1:00 Belly (Stephanie-M/B)
2:00 Belly (Stephanie-M/B)