

GROUP EXERCISE SCHEDULE

Schedule Effective: **April 19th, 2021**

ALL VIRTUAL unless otherwise noted



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
9:30-10:15AM Barre Zoom & Live Andrea	9:30-10:15AM Burn Factor Nicole Zoom & Live	7:00-7:45AM Mat Pilates Zoom & Live Andrea	8:30-9:15AM Rise & Shine Yoga Melissa			
9:30-10:30AM Mat Pilates Susan	10:00 - 10:55AM Body Flow Janet	9:30-10:15AM Level XT Nicole Zoom & Live	9:00-9:45AM Burn Factor Monica	9:00-9:45AM Barre Zoom & Live Andrea	9:30-10:15AM Cardio Kick Nicole Zoom & Live	9:30-10:20AM Zumba Zoom & Live Allison
10:45-11:30AM Foam Rolling Susan	10:30-11:15AM Mat Pilates Zoom & Live Andrea	10:30-11:15AM Foam Rolling Kevin	10:00-10:45AM Mat Pilates Zoom & Live Andrea	10:00-10:55AM Body Flow Janet	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 Julie		11:00-11:50AM BANG DANCE Zoom & Live Valentina	2:00-2:45PM Tai Chi Melissa	
4:00-4:45PM Mobility & Stretch MaryDuke	4:00-4:45PM BSAF MaryDuke	3:00-3:45PM BSAF Susan	4:00-4:45PM BSAF MaryDuke	4:00-4:45PM BSAF MaryDuke		
6:00-6:45PM Strength Circuit Gina				5:00-5:45PM Restorative Yoga Melissa		
6:15-7:00PM Restorative Yoga Melissa						

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

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