

Monday

5:15 am Bars & Bells (M)
6:00 Core Barre (B)
6:45 Core & Restore (M)
8:30 Boot Camp (M)
11:10 Pi-Yo or RY/Yin (M)
12:10 pm Core & Restore (M)
1:10 Yin (B/M)
4:30 Tai Chi (M)
5:20 Core Barre (B)
5:30 Workshops (M)
6:00 Fit Cycle (B)

Tuesday

5:30 am Fit Cycle Fusion (B)
6:00 Pi-Yo (M)
6:45 Pilates Plus (M)
8:30 Fit Power (M)
11:10 Hard Core Abs (M)
12:10 pm Core Barre Pi-Yo (M)
4:30 Pi-Yo (M)
5:30 Fit Power (B)
5:30 All Level Yoga (M)
6:30 FIT In-Motion (B)
7:00 Intermediate Belly Dance (B)

Wednesday

6:00 Hard Core Abs (M)
6:45 Restorative Yoga (M)
8:30 Sweat & Abs (M)
11:10 Pi-Yo (M)
12:00 30 minute Fit Cycle (B)
12:10 pm Pilates Plus (M)
4:30 Boot Camp (M)
5:30 Pound Rockout (M)
OR Holy Yoga (M)
6:30 Sweat Abs (M)

Thursday

5:30 am Bars & Bells (B)
6:00 Pilates Plus (M)
6:45 Core Barre (M)
8:30 Fit Cycle Fusion (B)
11:10 Core Barre Pi-Yo (M)
12:10 pm Pi-Yo (M)
4:30 Mat Pilates (M)
5:30 Yin Yoga (B)
6:00 Fit Boxing (M)
Intermediate Belly Dance (B)

Friday

5:30 am Fit Cycle (B)
6:00 Core Barre (M)
6:45 Mat Pilates (M)
8:30 Boot Camp (M)
11:10 Pilates Fusion (M)
12:10 pm Power Flow Yoga (M)
1:10 Restorative Yoga (M)
5:30 Pound Rockout (M)
6:00 Beat Boss (B)

Saturday

8 am All Level Yoga (M)
8 am Beat Boss (B)
9:15 Fit Boxing (M)

Sunday

9:00 Circuit (M)
11 am Beginner's Belly Dance (B)
2:15 Belly Dance Core & Flex (B)
3:15 Beginner's Belly Dance (B)

CORE FIT

For the most up to date schedule



Core Connections Fit Fusion