

## Group Fitness Classes September 14<sup>th</sup> 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00am <b>Sculpt &amp; Tone</b></p> <p>12:15pm <b>Cyclefit</b></p> <p>5:15pm <b>Corefit</b></p> <p>7:15pm <b>Yoga-outside</b></p>	<p>9:00am <b>Total Body Blast</b></p> <p>10am <b>Strength &amp; Flow – outside</b></p> <p>12:15pm <b>Bootcamp outside</b></p> <p>6:30pm <b>Cyclefit</b></p>	<p>6:10am <b>Bootcamp</b></p> <p>9:00am <b>Strength &amp; Flow</b></p> <p>9am <b>Total Body Blast – outside</b></p> <p>12:15pm <b>Sculpt &amp; Tone</b></p> <p>5:15pm <b>Corefit</b></p> <p>6:30pm <b>Bootcamp - outside</b></p>	<p>9:00am <b>Simply Strength</b></p> <p>10am <b>Yoga</b></p> <p>12:15pm <b>Cardio Sculpt with Core</b></p>	<p>9:00am <b>Strength &amp; Stretch</b></p> <p>12:15pm <b>Bootcamp</b></p>	<p>8:15am <b>Cyclefit</b></p> <p>9:30am <b>Simply Strength</b></p>

\*\*\*\*\* ALL CLASSES ARE A MAXIMUM OF 40 MINUTES IN LENGTH \*\*\*\*\*