

LOCKER ROOM PHASE 2 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am			Yoga Jenn			
9am	TBC Jenn	Barre Kate	Combat Melissa	Mat Pilates Shari	Grit Kylee	Combat Rotating Kylee/Daryl
10am		Yoga Kate		TBC Shari		BodyPump Daryl
5pm	Combat Melissa	BodyPump Daryl		TRX Kylee		
6pm	Yoga Mix Melissa	Grit Daryl	Combat Kylee			
7pm						

- Max class size is 10 members
- Please Pre-Pay for class at the front desk

- Members, please bring your own mats for every class
- Classes may be held outside, weather permitting