

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070		Keep Moving 9:00-9:45 (Dan)		Keep Moving 9:00-9:45 (Dan)		
Virtual						
10:00-11:00am						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070						
Virtual						
11:00am-12:00pm						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070						
Virtual		Virtual Yoga Flow 11-11:45 (Rose)				
12:00-1:00pm						
KNA162 (Multi Purpose Studio)		Yoga Flow 12-12:50 (Rose)		Yoga Core 12-12:45 (Megan)		
KNA170 (Fitness Studio)						
KNB070	50 Minute Fitness 12:00-12:45 (Stella)					
KNA117 (Auxiliary Gym)						
Virtual	Virtual Hard Core Express 12:10-12:50 (Kristin)		Virtual Keep Moving 12-12:50 (Stella)	Virtual Fifty Minute Fitness 12-12:50 (Stella)		
4:00-5:00pm						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070						
Virtual						
5:00-6:00pm						
KNA162 (Multi Purpose Studio)						
KNA170 (Fitness Studio)						
KNB070				Step and Strength 5:-5:45 (Shawna)		
Virtual			Zumba 5-5:45 (Stella)			

 Virtual
 In Person