

Virtual Fitness Class Schedule

March/April (8 week session beginning March 8th)

	Monday	Tuesday	Wednesday	Thursday
11:00am - 12:00pm		Yoga Flow (Rose)		
12:00pm - 1:00pm	Hard Core Express (Kristin) *starts at 12:10pm	Spin (Kristin)	Keep Moving (Stella)	Fifty-Minute Fitness (Stella)