

Virtual Fitness Class Schedule

May/June (8 week session beginning May 3rd)

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am - 11:50am		Yoga Flow (Rose)			
12:00pm - 12:50pm	Hard Core Express (Kristin) *starts at 12:10pm	Spin (Kristin) Total Body Strength (Stella)	Keep Moving (Stella)	Fifty-Minute Fitness (Stella)	