



Fitness Classes **Fall 2023**



	MON	TUES	WED	THURS	FRI	SAT
6 AM			1 - Power Pedal 2 - Women's Only LIFT!			
9 AM	Yoga	Keep Moving	Zumba	Keep Moving	TRX	1 - HealthyU 2 - Beast Mode 18+ (10:30)
12 PM	1 - TRX 2 - Core & Restore 3 - Learn-to-Lift	1 - Chiseled HIIT 2 - LIFT!	Yoga Flow	1 - Chiseled Strength 2 - LIFT!	1 - Yin Yang Flow 2 - Step	Beast Mode >17 yrs
5 PM	1 - Boxing Fit 2 - Barre	1 - Yoga Flow 2 - Self Defence 3 - FLEX - HIIT 4 - HealthyU	1 - Barre Fusion 2 - Keep Moving 3 - HealthyU	1 - Self Defence 2 - HealthyU		
6 PM	1 - Power Pedal 2 - HealthyU	1 - FLEX - Mobility 2 - Zumba 3 - HealthyU	HealthyU	1 - Circuit Bootcamp 2 - HealthyU		
7 PM	HealthyU	Kickboxing	HealthyU	1 - Kickboxing 2 - Ying Yang Yoga		