

LIVE GROUP FITNESS CLASSES BEGINNING SEPTEMBER 5TH, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:15  (Heather)		8:30-9:15  (Heather)			
9:30-10:30  (Denise)		9:30-10:30  (Denise)			10:15-11:15 YOGA (Bernie)	
12:00-12:45 BODYPUMP (Darcie)	12:00-12:45  (Darcie)	12:00-12:45 BODYPUMP (Darcie)	12:00-12:45  (Darcie)	12:00-12:30 BODYPUMP EXPRESS! (Darcie)		
4:15-4:45 CORE (Denise)						3:00-4:00  (Stephanie)
5:00-6:00 BODYPUMP (Denise)	5:00-6:00  (Stephanie)	5:00-6:00 BODYPUMP (Denise)				
		6:15-7:00  (Heather) * Starting 9/7				