

LIVE GROUP FITNESS CLASSES: WINTER 2023

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)	
	12:00-1:00p YOGA (Paul)		12:00-1p  (Stephanie)			
4:15-4:45 LES MILLS CORE (Denise)						3:00-4:00  (Stephanie)
5:00-6:00 BODYPUMP (Denise)	5:00-6:00  (Stephanie)	5:00-6:00 BODYPUMP (Denise)	5:00-6:00 YOGA (Paul)			
		6:15-7:00  (Heather)	6:15-7:00  Tone (Heather)			