

FALL 2022 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:00	AFFIRMATION YOGA W/ ALEXA	TABATA/ZUMBA W/ GRACE	HIIT W/ MIAH	TABATA/ZUMBA W/GRACE
5:00	FULL BODY STRENGTH W/ MAGGIE	RELAXATION YOGA W/ CHRISTIANNE	BUTT N' GUT W/ SYDNEY	RELAXATION YOGA W/ CHRISTIANNE
6:00	RELAXATION YOGA W/ HANNAH	STRENGTH YOGA W/ KAYLA	RELAXATION YOGA W/ HANNAH	STRENGTH YOGA W/ KAYLA
