

GROUP FITNESS SCHEDULE

Fall 2020

MON	TUES	WED	THURS	FRI
Yoga 8:00 AM		Spin 6:30 AM		Fitness Friday (Biweekly)
				HIIT
			Spin 5:00 PM	3:00 PM
Spin 5:00 PM	Spin 6:00 PM	Yoga 5:00 PM		

SAT
Yoga 1:30 PM