Wednesday, November 22nd

6:00am Cycle 60 (Paula)
8:30am Qigong/Tai Chi (Steve)
9:30am Pilates Mat (Saria)
12:00pm Zumba (Brenda)
4:30pm Cardio Muscle (Sarah)
5:30pm Cycle 60 (Vincent)
5:30pm Yoga Flow (Katie N.)

Friday, November 24th

8:30am Tai Chi (Steve)
9:30am Cardio Muscle (Pamela)
10:30am HardCORE* (Pamela)
12:00pm Muscle Conditioning (Kieonna)
5:30pm Yoga Flow++ (Nick)
5:30pm Cycle 60 (Mike)

*HardCORE is a 30-min class.
++ Friday’s Yoga Flow is a 75-min class.