



Livestream Classes

Mondays

**9:30a with Heidi
10:30a with Kristen
5:45p with Amber**

Tuesdays

**5:45p with Angie
7:15p with Kaylee**

Wednesdays

**9:30a with Heidi
5:45p with Amber**

Thursdays

11:15a with Kristen

Fridays

9:30a with Heidi

Saturdays

9:30a dates will vary

****Students must register at least one hour in advance online to receive a class link 5-15 minutes before class starts.****