



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.****