



GROUP EXERCISE CLASS SCHEDULE

VIA ZOOM - REGISTER ON OUR WEBSITE!



DAY	TIME	INSTRUCTOR
M	<u>Quick Core</u> 7:30- 7:45 am	Jackie
	<u>Bodyweight Burn</u> 12:15- 12:45 pm	Sara P.
T	<u>Move & Mobilize</u> 12:15- 12:30 pm	Sarah M.
W	<u>Lower Body Blast</u> 7:30- 7:45 am	Jackie
	<u>Metabolic Burn</u> 12:15- 12:45 pm	Jeff
TH	<u>Wake Up Flow</u> 7:30- 7:45 am	Sara P.
	<u>Cardio & Core</u> 12:15- 12:30 pm	TJ