

Live in Person is in Red Print and Zoom in Black Print

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 am		Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>			Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>	
9:00 AM		Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>		Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>	Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>	Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>
12:00 pm	Basic to Intermediate Core Training with Jen	Intermediate to Advanced Core Training with Jen	Basic to Intermediate Core Training with Chris	Intermediate to Advanced Core Training with Jen	Basic to Intermediate Core Training with Chris	
12:30 pm	Muscle Pump/Tone Class with Jen	Group Personal Training	Muscle Pump/Tone Class with Chris		Restorative Motion Class with Chris	
3:00 pm		Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>		Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>		
4:30 pm	Group Personal Training		Group Personal Training	Muscle Pump/Tone Class with Jen		
5:00 pm	Intro to Stretch/Yoga Class with Jen	Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>	Restorative Motion Class with Chris	Group ZOOM Personal Fitness and Functional Training <u>must make an appt.</u>		
5:30 pm						