

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am		Flow Yoga -Jodie	Yoga -Jodie	Mobility&Stretch -Sé		
8:30 am	Core -Joette				Core -Joette	
9:00 am	Power Yoga -Joette	Mobility and Stretch - Jodie	Foam roll & Restore -Jodie	Flow Yoga -Sé	Power Yoga -Joette	
10:00 am	Stretch -Cassidy		Stretch -Cassidy	Strength And Core -Sé		Strength Core & Glutes -Kyle
10:00 am	Aqua -Angelika				Aqua -Angelika	
11:00 am	Strength -Angelika		Men's Stretch -Cassidy		Strength -Angelika	
12:00 pm						
3:00 pm						
4:00 pm						