

GROUP EXERCISE

SCHEDULE *(SEPTEMBER - DECEMBER)*



MONDAY	9:05 - 10:00A 10:00 - 11:00A 6:30 - 7:30P	STEP INTERVAL LITE & LIVELY SPIN	KIM KIM KIM
TUESDAY	8:00 - 9:00A 9:05 - 10:00A 5:30 - 6:30P 6:00 - 7:00P	SPIN STRENGTH HATHA YOGA DANCE PARTY	CARRIE CARRIE JAYSON OGECHI
WEDNESDAY	9:05 - 10:00A 10:00 - 11:00A 5:45 - 6:30P	KICKBOXING LITE & LIVELY ABS & ARMS	CARRIE CARRIE KIM
THURSDAY	6:30 - 7:30A 8:00 - 9:00A 9:05 - 10:00A 10:00 - 11:00A 6:30 - 7:30P	RISE AND SHINE YOGA SPIN STRENGTH CHAIR YOGA PILOGA	JAYSON CARRIE CARRIE JAYSON KIM
FRIDAY	9:05 - 10:00A 10:00 - 11:00A	20, 20, 20 LITE & LIVELY	KIM KIM
SATURDAY	8:30 - 9:30A 9:00 - 10:00A 10:45 - 11:15A	HATHA YOGA ZUMBA ARMS & ABS	JAYSON OGECHI KIM



VIEW CLASS
DESCRIPTIONS
ONLINE

**DROP-IN FOR
JUST \$9!**