

ZOOM FITNESS CLASSES NOV/DEC 2020

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 10:00 am Cardio/Strength	9:00 – 10:00 am Strength Training	9:00 – 10:00 am Cardio/Strength	9:00 – 10:00 am Strength Training	9:00 – 10:00 am Cardio/Strength
12:00 – 1:00 pm Strength Training	12:00 – 1:00 pm Body Weight Blast	12:00 – 1:00 pm Buns and Bellies	12:00 – 1:00 pm HIIT	12:00 – 1:00 pm YOGA
	2:30 – 3:30 pm GENTLE-FIT		2:30 – 3:30 pm GENTLE-FIT	
5:30 – 6:30 pm Zumba	5:30 – 6:30 pm YOGA	5:30 – 6:30 pm Zumba	5:30 – 6:30 pm Bootcamp	5:30 – 6:30 pm Zumba

