

LIVE STREAMING FITNESS CLASSES JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	9:00 – 10:00 am Bootcamp
					10:30 – 11:30 am Yoga
12:00 – 1:00 pm Strength Training	12:00 – 1:00 pm Bodyweight Blast	12:00 – 1:00 pm Buns & Bellies	12:00 – 1:00 pm HIIT	12:00 – 1:00 pm Stretch and Release	
	2:30 – 3:30 pm Gentle-Fit		2:30 – 3:30 pm Gentle-Fit		
		4:30– 5:15 pm Strength Training			
5:30 – 6:30 pm Zumba	5:30 – 6:30 pm Strength Training	5:30 – 6:30 pm Zumba	5:30 – 6:30 pm Bootcamp	5:30 – 6:30 pm Zumba	
6:45 – 7:45 pm Bodyweight Blast	6:45 – 7:45 pm Yoga				

