



NOV. 30th - DEC. 5th

MONDAY | NOVEMBER 30TH

8AM



SUE

Hi/Low Impact & PUMP

5PM



BEKKI JO

Barre

TUESDAY | DECEMBER 1ST

8AM



KARA

Yoga

9AM



SUE

Stretch & Abs

4PM



LISA JO

Get Fit Intervals

WEDNESDAY | DECEMBER 2ND

8AM



SUE

Hi/Low Impact & PUMP

5:30PM



BEKKI JO

Power Fit

THURSDAY | DECEMBER 3RD

8AM



KARA

Yoga

9AM



SUE

Stretch & Abs

4PM



LISA JO

Get Fit Intervals

5PM



ALISON

Hip Hop

FRIDAY | DECEMBER 4TH

10:30AM



SUE

Hi/Low Impact & PUMP

SATURDAY | DECEMBER 5TH

9:30AM



BLAKEY

Power Sculpt

10:30AM



LISA F.

POP Pilates

GROUP EXERCISE BOOK LIVE SCHEDULE