Virtual Live

*Classes are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Ab Lab 8:30-8:45am Jocelyn	**Body Con** 8:30-9:15am Mary
Latin Dance 9:30-10:15am Noel	**Body Con** 9:30-10:15am Noel	**Latin Dance** 9:30-10:15am Noel	**HIIT** 9:30am -10:15am Noel	**Latin Dance** 9:30-10:15am Noel	**Body Con** 9:00-9:45am Mary	**Barre** 9:30-10:15am Vanessa
		Ab Lab 10:30 -10:45am Jocelyn			**Latin Dance** 10:00-10:45am Noel	**Yoga** 10:30-11:15pm Leslie
Senior Fitness 11-11:45am Mary	**Gentle Yoga** 11-11:45am Vanessa	**Senior Fitness** 11-11:45am Mary	**Senior Strength** 11-1:30am Mary	**Senior Fitness** 11-11:45am Mary		
Body Con 12-12:45pm Y Instructor	**HIIT** 12-12:30pm Y Instructor	**Strong Bones** 12-12:30pm Leslie	**HIIT** 12-12:30pm Jocelyn	**Barre** 12-12:30pm Vanessa		
	Chair 3-3:45pm Y Instructor		**Chair** 3-3:45pm Y Instructor	**Pilates** 3-3:45pm Leslie		
	Pilates 4:00-4:45pm Leslie			**Alignment Yoga** 4-4:45pm Leslie		
	Latin Dance 5-5:45pm Noel		**Body Con** 5-5:45pm Y Instructor			