



Group Fitness Schedule Block 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 – 8:00 am		Flow Yoga <i>Charlie</i>		** Spinning <i>Kaitlyn</i>		Slow Flow Yoga <i>Margaux</i>
11:00 – 11:50 am		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>
2:00 – 3:00 pm		Hip Hop Dance <i>Lilah</i>	Slow Flow Yoga <i>Maggie</i>	Kick/boxing <i>Lennea</i>		Hip Hop Dance <i>Lilah</i>
3:15 – 4:15 pm		HIIT <i>Margaux</i>	Cardio Blast <i>Ella</i>	Vinyasa Yoga <i>Chase</i>	Body Weight Strength <i>Ella</i>	
4:30 – 5:30 pm		Total Body Strength <i>Ella</i>	Vinyasa Yoga <i>Lindsey</i>	Partner Intervals <i>Ella</i>	Yin Yoga <i>Misty</i>	Vinyasa Yoga <i>Lindsey</i>
6:00 – 7:00 pm			Grappling <i>Owen</i>	HIIT <i>Margaux</i>	Grappling <i>Owen</i>	
7:30 – 8:30 pm	Yin Yoga <i>Chase</i>		Kick/boxing <i>Lennea</i>		Kick/boxing <i>Lennea</i>	
8:30 – 9:30 pm		** Spinning <i>Kaitlyn</i>				

- Only Fit 4 Life will be held all 4 weeks. No other classes are led during 4th week.

** Sign-ups are REQUIRED: <https://www.signupgenius.com/go/10C0E4AACAE2BA2FBC43-52269963-block>