

Spring Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 6:15am Barre Strength	5:30 – 6:15am Pilates Mat	5:30 – 6:15am Barre Express	5:30 – 6:15am Pilates Mat	5:30 – 6:15am Barre Express	7:15 - 8:00am Barre Express <hr/> 8:30 – 9:15am Barre Express	7:15 - 8:00am Barre Express
9:30 – 10:30am Barre Classic	8:15 – 9:00am Power Flow <hr/> 9:30 – 10:30am Barre Classic	8:15 – 9:00am Pilates Mat <hr/> 9:30 – 10:15am Barre Strength	9:30 – 10:30am Barre Classic	9:30 – 10:30am Barre Classic	9:30 – 10:30am Barre Classic	9:30 – 10:30am Pilates Mat
5:45 – 6:45pm Barre Classic	5:45 – 6:30pm Barre Express	5:45 – 6:45pm Barre Classic	5:45 – 6:30pm Barre Flow	6:30 – 7:30pm Gentle Flow	Scan code for more info!	

