VIRTUAL LIVE GROUP EXERCISE SCHEDULE

JUNE 1-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:45 a.m. STRETCH & STRETCH AMY	5:30 - 6:15 a.m. TONE & SCULPT AMY	8 - 8:45 a.m. CARDIO BARRE AMY	5:30 - 6:15 a.m. HIIT AMY	5:30 - 6:15 a.m. CARIO BARRE CHRIS	9:15 - 10 a.m. CARDIO PUMP AMY
9:15 - 10 a.m. TOTAL BODY WORKOUT AMY	8 - 8:45 a.m. STRETCH CHRIS	9:15 - 10 a.m. DANCE FITNESS CHRIS	6- 7 p.m. P90X CASSY	9:15 - 10 a.m. CONDITIONING & CORE ADRIANE	**SUNDAY**
	9:15 - 10 a.m. TONE & SCULPT AMY				8:30 - 9:15 p.m. TOTAL BODY WORKOUT CASSY
	6 - 6:45 p.m. CONDITIONING & CORE CASSY				

This schedule is subject to change.
All classes require registration and can be made at anytime.
Once registration is complete, a confirmation email with a link to the class will be sent.