

▶▶ VIRTUAL LIVE GROUP EXERCISE SCHEDULE

SEPTEMBER 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. CARDIO 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 | | | | |
| | 6 - 6:45 p.m. CONDITIONING & CORE CASSY | | | 8:30 - 9:15 p.m. TOTAL BODY WORKOUT 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.