



Group Fitness Schedule



WINTER



2024

MON

9:30AM - YOGA
6:15PM - BOXFIT

TUES

5:45AM - HYBRIDFIT
5:15PM - ACTIVE MOBILITY

WED

9:30AM - STRENGTH
6:15PM - HYBRIDFIT

THURS

5:15PM - 7:15PM VIRTUAL FIT
ABS & BOOTY

FRI

9:30AM - BOXFIT

SAT

8:AM - HYBRIDFIT

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