

2023-2024 Fitness Class Schedule Year:
August 28, 2023-June 8, 2024**

Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Barre 7:00-7:45AM		Circuit Workout 7:00-7:45AM	Circuit Workout 7:00-7:45AM		Power Barre 7:00-7:45AM	
Core and Go! 8:00-8:45AM		Power Barre 8:00-8:45AM	Core and Go! 8:00-8:45AM		Core and Go! 8:00-8:45AM	
Power Barre 9:00-9:45AM		Circuit Workout 9:00-9:45AM	Circuit Workout 9:00-9:45AM		Power Barre 9:00-9:45AM	

Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core and Go! 6:45-7:30PM			Power Barre 6:45-7:30PM		
Core and Calm 7:30- 8:15PM			Core and Calm 7:30-8:15PM		