



# 2024 WINTER SCHEDULE

	FIT MAMA CLASS (WOMENS ONLY)		SPECIAL REGISTRATION		GYM & JUICE (CO-ED)		KIDS ZONE			BABY GYM		WEEKEND WARRIORS			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
6:15 am	GYM CLASS HEROES Brennan		SUNRISE YOGA Tosha			GYM CLASS HEROES Brennan			HIIT THE GYM Franca		8:15 am	UPPER BODY SWEAT Christine			
9:15 am			GYM CLASS HEROES Pieta		8:00am SUPER CIRCUIT Nicole						9:15 am	GYM CLASS HEROES Franca		SO BARRE CORE Andriana	
10:15 am	HIIT THE LEGS Mercedes	BABY GYM Vera	LOW IMPACT FITNESS Christine			LOW IMPACT PILATES Anie			10am FULL BODY SWEAT Christine	10am BABY GYM Nicole		KIDS ZONE Nicole		KIDS ZONE Melissa	
11:15 am	MOM & BABY STRENGTH & MOBILITY Pieta		HIIT & FLOW Christine	BABY GYM Sheila	FULL BODY SWEAT Christine	BABY GYM Vera	SO BARRE CORE Anie	BABY GYM Sheila	KETTLE- BELL BASICS Bren	*MOMMY CONNECTIONS <small>(PRIVATE GROUP)</small>		10:15 am	SUPER CIRCUIT Nicole		
12:15 pm	SMALL GROUP STRENGTH Mercedes	BABY GYM Vera		SMALL GROUP STRENGTH Brennan	MOBILITY & STRENGTH Christine				SUPER CIRCUIT Brennan			KIDS ZONE Melissa			
4:15pm	5:15 PARENT & CHILD YOGA SERIES Tosha		HIIT THE LEGS Franca	KIDS ZONE								BABY GYM Vera			
6:15 pm	GYM CLASS HEROES Franca			KICKBOX STRENGTH Anessa	KIDS ZONE										
7:15 pm	SMALL GROUP STRENGTH Mercedes	STEP UP! Franca	STEP UP! Mercedes		GYM FLOW Marnee	FULL BODY SWEAT Nicole									