

GROUP TRAINING SPRING 2024

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM			Gentle Yoga with Jessica		Gentle Yoga with Jessica
7:00 AM	Cycle with Poullette				
7:30 AM	Circuit Training with Christion	Circuit Training with Christion	Circuit Training with Brighton	Circuit Training with Christion	
8:30 AM	Power Yoga with Sapientia				
12:00 PM	HIIT with Liz	Lagree with Sami	HIIT with Liz	Lagree with Sami	
12:15 PM	Circuit Training with Leenie				Circuit Training with Leenie
5:00 PM	Lagree with Sami		Lagree with Sami		Lagree with Sami
5:15 PM		Vinyasa Yoga with Sasha			
6:00 PM			Circuit Training with Brighton		
6:15 PM		Restorative Yoga with Sasha			
6:30 PM				Cycle with Poullette	

NO CLASSES SATURDAY & SUNDAY

THE GYM