

FREE to all members

# Group X Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>						
					Yoga <i>w/ Brianna</i> 9:15am	Brazilian G.A.L <i>w/ Dani</i> 8am
		Silver Fitness <i>w/ Eric</i> 9:30am		Silver Fitness <i>w/ Eric</i> 9:30am	HIIT <i>w/ Jason</i> 10:30am	Yoga <i>w/ Emily</i> 9:00am
<b>EVENING CLASSES</b>						
Zumba <i>w/ Erin</i> 6:15pm	Functional Training <i>w/ Mary</i> 5pm	Zumba <i>w/ Erin</i> 7:30pm	Functional Training <i>w/ Mary</i> 5pm			
MixFit <i>w/ Alex</i> 7:30pm	Yoga <i>w/ Brianna</i> 6:15pm		Yoga <i>w/ Brianna</i> 6:15pm			
			MixFit <i>w/ Alex</i> 7:30pm			