



Exercise Class Schedule

Winter Break 2018

Jan 15 – Jan 19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 – 7:45 AM				Early Bird Spin w/ Kathy	
12:00 – 12:50 PM	HIIT Strength w/ Sheila	Yoga w/ Becky	Functional Strength w/ Janet	Sole Synthesis w/ JulieBecky	Zumba Strong w/ Sheila
12:00 – 12:50 PM					Yin Yoga – Mat Room w/ Laina

Schedule subject to change based on instructor availability; valid from January 15 – January 19, 2018

****Tabata Boot camp classes begin January 22**