

MAY GROUP FITNESS

Monday

Core Blaster
6:30-7:00
Matt

Pilates
11:30-12:15
Anna

Tuesday

Total Body Pump
6:30-7:15
Matt

Total Body Pump
11:30-12:15
Robert

Vinyasa Yoga
12:30-1:15
Erica

HIIT Express
5:15-5:45
Robert

Wednesday

Sunrise Yoga
12:30-1:15
Paula

HIIT Factory
11:30-12:15
Matt / Robert

Vinyasa Yoga
12:30-1:15
Paula

Core Blaster
5:15-5:45
Robert

Thursday

BURNOUT
Bootcamp
6:30-7:15
Matt

Cardio Circuit
Blast
11:30-12:05
Alyssa

Yoga Sculpt
12:30-1:15
Anna

Active Recovery
5:15-5:45
Robert

Friday

Core Blaster
11:30-12:00
Matt / Robert

