

MAY GROUP FITNESS

Monday

Strength Express
6:30-7:00
Matt

Tuesday

Total Body Pump
6:30-7:15
Matt

Wednesday

Sunrise Yoga
6:30-7:15
Paula

Thursday

Sky High Circuit
Strength
6:30-7:15
Matt

Total Body Pump
11:30-12:15
Breanna

TRX, Ropes, and
Med Balls
11:30-12:15
Matt

Cardio & Core
Blast
11:30-12:05
Breanna

Vinyasa Yoga
12:30-1:15
Paula

Vinyasa Yoga
12:30-1:15
Paula

Gentle Yoga
12:30-1:15
Nasha

Bootcamp Express
4:30-5:00
Breanna

