



FALL GROUPX

SCHEDULE



Monday	Tuesday	Wednesday	Thursday
Spin 6:45 - 7:30 am			
Barre 4:30 - 5:15 pm	Spin 5:00 - 5:45 pm	Yoga 4:15 - 5:15 pm	Spin 5:00 - 5:45 pm
Power Flow Yoga 5:30- 6:15 pm	Zumba 6:30 - 7:15 pm	Barre 7:15 - 8:00 pm	Restorative Yoga 6:00 - 6:45 pm

SPIN CLASSES: ROOM 202
ALL OTHER CLASSES: ROOM 214
ALL ARE WELCOME!

Classes begin 9/14
No Classes 10/12, 11/24-11/29
Last day of Classes: 12/17

