



Group Fitness Schedule Block 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
7:15 – 8:00 am	Sunrise Yoga <i>Helen</i>			Intro Latin Dance <i>Manu</i>		
11:00 – 11:45 am	Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>	
1:00 – 2:00 pm						Cardio Blast <i>Ella</i>
2:00 – 2:30	Boxing <i>Adam</i>		Boxing <i>Adam</i>		Boxing <i>Adam</i>	Core & Tone <i>Ella</i>
3:15 – 4:15		Gentle Flow Yoga <i>Helen</i>				
4:15 – 5:15 pm	Total Body Strength <i>Ella</i>			Cardio/Strength Intervals <i>Ella</i>		
5:30 – 6:45 pm	HITT <i>Ellie</i>	Cardio Blast <i>Ella</i>	HITT <i>Ellie</i>	Reserved for Dance Workshop		
7:00 – 8:00 pm	**Hip Hop Fitness <i>Dore</i>	Zumba <i>Manu</i>		Vinyasa Yoga <i>Victoria</i>		
8:00 – 9:00 pm						

Only Fit4Life will be held all 4 weeks. No other classes are led during 4th week.

** 3rd week Monday only for Hip Hop Fitness