



## MONDAY

6:00 - 6:30 am  
FIIT Fusion (A)

8:15 - 8:45 am  
**CHAIR** Cardio (A)

9:00 - 10:00 am  
Cardio Barre w/ Ab Focus (A)

10:00 - 10:45 am  
**CHAIR** Yoga (B)

11:00 - 11:45 am  
Yoga Flow (B)

12:00 - 12:45 pm  
TRX & Tone (B)

4:15 - 5:15 pm  
Total Body Strength (B)

4:00 - 5:00 pm  
Women's Self-Defense  
{Closed Program} (A)

5:30 - 6:15 pm ●  
3-2-1 Total Body (B)

5:30 - 6:30 pm  
Stretch & Strength Yoga (A)

7:15 - 8:00 pm  
Strength & Cardio Circuit (A)

## TUESDAY

9:00 - 10:00 am  
Pilates (A)

10:15 - 10:45 am  
Cardio Drumming (A)

11:00 - 11:30 am  
Upper Body Strength (A)

11:30 - 12:00 pm  
Lower Body Strength (A)

11:30 - 12:30 pm  
Yoga for Balance (B)

12:15 - 12:45 pm (C)  
Cycle Circuit

2:00 - 2:30 pm **NEW**  
**CHAIR** Pilates/Core Strength (A)  
{NO CLASS 11/21}

2:45 - 3:15 pm **NEW**  
**CHAIR** Weights & Aerobics (A)

3:30 - 4:30 pm  
Pilates for Beginners (A)

4:15 - 5:15 pm  
Booty & Core Burn (B)

4:45 - 5:45 pm  
Pilates w/ Kate (A)  
{NO CLASS 11/21}

6:00 - 7:00 pm  
V - Step Cardio (A)

## WEDNESDAY

5:30 - 6:00 am  
Strength & Cardio Circuit (B)

6:00 - 6:45 am  
Step into Shape (A)

9:00 - 10:00 am  
Cycle & Suspend (C)  
{NO CLASS 11/1}

9:30 - 10:00 am **NEW**  
**CHAIR** Pilates/Core Strength (A)  
{NO CLASS 11/22}

10:15 - 10:45 am **NEW**  
**CHAIR** Weights & Aerobics (A)

12:00 - 12:30 pm  
Beginner Cycling (C)  
{NO CLASS 11/1}

12:00 - 1:00 pm ●  
Total Body Strength (A)

2:30 - 3:15 pm  
**CHAIR** Yoga (A)

4:00 - 5:00 pm  
Women's Self-Defense  
{Closed Program} (A)

5:15 - 6:15 pm  
Stretch & Strength Yoga (A)  
{NO CLASS 11/22}

5:30 - 6:30 pm  
Pilates for Beginners (B)  
{NO CLASS 11/22}

6:30 - 7:30 pm  
V - TABATA (A)

6:45 - 7:45 pm  
Pilates w/ Kate (B)  
{NO CLASS 11/22}

## THURSDAY

**CLOSED 11/23/23**

6:30 - 7:15 am  
HIIT Spin (C)  
{NO CLASS 11/2}

9:00 - 10:00 am  
Pilates (A)

10:00 - 10:30 am  
Quick Stretch (A)

11:00 - 11:30 am  
Upper Body Strength (A)

11:30 - 12:00 pm  
Lower Body Strength (A)

11:30a - 12:30 pm  
Yoga w/ Props (B)

12:15 - 12:45 pm  
Cardio Drumming (A)

5:00 - 5:45 pm  
3-2-1 Total Body (A)

5:15 - 6:00 pm  
Kickboxing to the Beat (B)

6:15 - 7:15 pm  
Stretch & Strength Yoga (B)

## FRIDAY

6:30 - 7:30 am  
V - Cardio Xpress & Body Sculpt (A)  
{NO CLASS 11/17}

8:15 - 9:00 am  
TR-Xpress & Cardio (B)

9:00 - 10:00 am  
Step into Shape (A)

10:15 - 10:45 am  
**CHAIR** Strength & Tone (A)

10:45 - 11:00 am  
**CHAIR** Stretch (A)

## SATURDAY

11/4/23  
8:00 - 9:00 am  
V - Metabolic Strength & Conditioning (A)

9:30 - 10:30 am  
Pilates for Beginners (A)

10:45 - 11:45 am  
Pilates w/ Kate (A)

11/11/23  
8:00 - 9:00 am  
V - 3-2-1 Boxing (A)

9:30 - 10:30 am  
Pilates for Beginners (B)

10:00 - 11:00 am  
Total Body Strength (A)

10:45 - 11:45 am  
Pilates w/ Kate (B)

11:15 - 12:15 pm  
Booty & Core Burn (A)

11/18/23  
9:00 - 10:00 am  
Cardio Barre w/ Ab Focus (A)

9:30 - 10:30 am  
Pilates for Beginners (B)

10:45 - 11:45 am  
Pilates w/ Kate (B)

11/25/23  
8:00 - 9:00 am  
V - TABATA (A)

8:45 - 9:15 am  
Strength & Cardio Circuit (B)

## SUNDAY

11/12/23

11:00 - 11:30 am  
Upper Body Strength (A)

11:30 - 12:00 pm  
Lower Body Strength (A)

12:15 - 1:00 pm  
Cycle Circuit (C)

11/26/23

10:00 - 10:45 am  
Fit to Fight (A)

11:00 - 11:30 am  
Upper Body Strength (A)

11:30 - 12:00 pm  
Lower Body Strength (A)

● = REMINDERS

● = Same class, new time!

V = Class held on-site with virtual instruction