



VIRTUAL CLASS SCHEDULE



May 6–June 9

Monday

7:00–7:30am
Stability Ball
11:30am Chair Yoga
1:00–3:00pm open

Tuesday

6:00–7:00am open
4:00pm Pilates
7:00–8:00pm open

Wednesday

7:00–7:30am
Stability Ball
12:00–4:00pm open
7:00pm Pilates

Thursday

6:00–7:00am open
1:00–4:00pm open
7:15pm Boot Camp

Friday

6:00–7:00am open
7:00–7:30am
Stability Ball
3:00–8:00pm open

Saturday

10:00am HIIT
11:00–4:00pm open
4:00pm Yoga

Sunday

11:00–4:00pm
open

**You can do the class of
your choice during open
times in the room**

**Classes are in the
Multipurpose Room**