Weekly At-a-Glance Fitness Schedule
January 9—April 30

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Yolates (Multipurpose C)		5-6 am		5-6 am	8-9 am	
Core Crunch Plus (Multipurpose B)	5:30-6:30 pm					
Barre Classic & Connect (Multipurpose C)			5:30-6:30 am			7:30-8:30 am
Zumba Toning (Multipurpose B)		5:30-6:15 pm				
Yoga (Multipurpose C)	6-7 pm		7-8 pm	7:30-8:30 pm		
HIIT (Multipurpose C)				6:30-7 pm		
Cardio (Multipurpose C)				5:15-6:15 pm		
Zumba (Multipurpose B)			5:30-6:30pm			