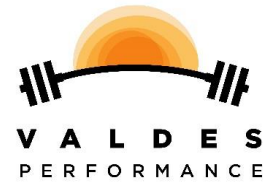


# Group Exercise Schedule Fall 2021

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
	HIIT 6-6:30am			Boot Camp 6-6:30am			Yoga 6-7am (60 mins)			HIIT 6-6:30am			Yoga 6-7am (60 mins)	
Tiny Fitness (Ages 2-5) 9:30-10:15am (45 mins)	Sculpt 9:30-10:15am (45 mins)		Tiny Dance (Ages 2-5) 9:30-10:15am (45 mins)	Strength & Tone 9:30-10:15am (45 mins)		Tiny Fitness (Ages 2-5) 9:30-10:15am (45 mins)	Sculpt 9:30-10:15am (45 mins)		Tiny Dance (Ages 2-5) 9:30-10:15am (45 mins)	Strength & Tone 10:30-11:15am (45 mins)				
	Basic Fitness 11:30-12:30pm (60 mins)			Basic Fitness 11:30-12:30pm (60 mins)			Basic Fitness 11:30-12:30pm (60 mins)			Basic Fitness 11:30-12:30pm (60 mins)				
		K-FIT (Adults) 6-7pm			K-FIT (Adults) 6-7pm						K-Fit (Adults) 4-5pm			K-Fit (Adults) 5-6pm
		K-FIT (Adults) 7-8pm			K-FIT (Adults) 7-8pm									
SATURDAY			SUNDAY											
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3									
	Step 8:30-9:30am (60 mins)													
		K-Fit (Adults) 9:30-10:30am												
				Yoga 11:30-12:30pm (60 mins)										



Revised 9/11/2021