

Aerobics Studio Schedule

START DATE: 2/15/21



TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Chris 8:30 AM - 9:30 AM	Vinyasa Yoga Aerobics Studio Jen 8:30 AM - 9:30 AM		
10:00 AM	Fit Mix Aerobics Studio Candice 10:00 AM - 10:45 AM			Fit Mix Aerobics Studio Candace 10:00 AM - 10:45 AM			
10:45 AM		Stretch-Ability Aerobics Studio Cyndi 10:45 AM - 11:30 AM			Tai Chi Aerobics Studio Jennifer 10:45 AM - 11:15 AM		
5:30 PM		Cardio Dance Fusion Aerobics Studio Leah 5:30 PM - 6:15 PM	Vinyasa Yoga Aerobics Studio Chris 5:00 PM - 6:00 PM				
6:15 PM	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	High Intensity Intervals Aerobics Studio Tina 6:30 PM - 7:15 PM	Cardio Kickboxing Aerobics Studio Joe 6:15 PM - 7:00 PM	High Intensity Intervals Aerobics Studio Tina 6:30 PM - 7:15 PM			
7:00 PM	Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM		Core Conditioning Aerobics Studio Joe 7:00 PM - 7:30 PM				