

Class Schedule

Monday-Friday:

- 6:45am - 7:30am
- 9:00am – 9:45am
- 10:30am – 11:15am
- 12:00pm – 12:45pm
- 4:30pm – 5:15pm
- 6:00pm – 6:45pm

Saturday:

- 9:00am – 9:45am
- 11:15am – 12:00pm
- 1:30pm – 2:15pm

Sunday:

- 10:30am – 11:15am

- **Good for all fitness levels**
- **Please sign up at least 2 hours prior to class to insure availability**