



JANUARY 2021 FITNESS SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7:30 A.M.
CARDIO/CIRCUIT
Svetlana

8:30 A.M.
HITT 30 MIN
CARDIO
Marisa

8:30 A.M.
HITT 30 MIN
CARDIO
Marisa

8:30 A.M.
HITT 30 MIN
CARDIO
Marisa

9:00 A.M.
**FLOW YOGA
Wendy

9:00 A.M.
VINYASA YOGA
Tami

9:00 A.M.
VIRTUAL WERQ!
Kirsten

9:00 A.M.
VINYASA YOGA
Tami

9:00 A.M.
VINYASA YOGA
Tami

9:00 A.M.
**ARIEL YOGA
Wendy

9:30 A.M.
SCULPT & TONE
Jaclyn/Marisa

9:30 A.M.
SCULPT & TONE
Tiffany/Marisa

9:30 A.M.
PILATES
Lisa

10:15 A.M.
VINYASA YOGA
Tami

10:15 A.M.
VINYASA YOGA
Tami

10:15 A.M.
VINYASA YOGA
Tami

10:30 A.M.
**TRX
Thea/Marisa

10:30 A.M.
**TRX
Thea/Marisa

4:00 P.M.
RESTORATIVE
YOGA
Lindsey