



VIRTUAL CLASS SCHEDULE



APRIL 22–May 5

Monday

**11:30am Chair Yoga
3:00pm Cardio
Dance**

Tuesday

**4:00pm Pilates
7:30pm Boot Camp**

Wednesday

**12:00pm Cycling
7:00pm Pilates**

Thursday

**4:00pm Cardio
Dance
7:15pm Boot Camp**

Friday

**6:00pm HIIT
7:00 Latin Dance
May 3rd**

Saturday

**10:00am HIIT
4:00pm Yoga**

Sunday

**1:00PM HIP HOP DANCE
FITNESS**

**Classes are in
Multipurpose Room**