















Virtual Fitness Class Schedule



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---|--|--|--|--|---|---|
| 6:00 AM | | |  Kelly | |  Kelly | | |
| 7:00 AM | | |  Melissa |  Lisa | |  Kelly |  Lisa |
| 8:30 AM | Ultimate Conditioning Live! Kelly | Total Tabata Live! Chrissy | | Ultimate Conditioning Live! Kelly |  Beth | Barre Live! Crystal |  Melissa |
| 9:30 AM |  Noelle | | | | | |  Joe/Janice |
| 12:00PM | |  Joe | Gym Class for Kids Live! Drew | | Gym Class for Kids Live! Drew | | |
| 4:30PM | | |  Beth |  Noelle | |  Lana | |
| 6:00 PM | | Yoga Live! Tom | | | Slow Flow Yoga Live! Libby | | |