Virtual Fitness Class Schedule

B	Sport&Fitness

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