











# Virtual Fitness Class Schedule



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			 Kelly				
7:00 AM			 Melissa	 Lisa		 Kelly	
8:30 AM	Ultimate Conditioning Live! Kelly	Total Tabata Live! Chrissy		Ultimate Conditioning Live! Kelly	 Beth	Barre Live! Crystal	 Melissa
9:30AM	 Noelle						 Joe/Janice
12:00PM			Gym Class for Kids Live! Drew		Gym Class for Kids Live! Drew		
4:30PM			 Beth				
5:30/6:00 PM		Yoga Live! Tom 5:30 PM	 Noelle 6:00				