



# 2024 FALL SCHEDULE -Effective November 1st

	STUDIO CLASSES	SPECIAL REGISTRATION	OUTDOOR CLASS	KIDS ZONE	BABY GYM				
	Monday	Tuesday	Wednesday	Thursday	Friday				
6:15 am	GYM CLASS HEROES Brennan <b>NEW</b>	BELLS & CORE Hanz	MENS ONLY SMALL GROUP STRENGTH Brennan	GYM CLASS HEROES Hanz <b>V</b>	HIIT THE GYM Mehrnoosh				
8:00 am				SUPER CIRCUIT Nicole					
9:15 am	<b>V</b>	BARRE BOOTY Lina	FUNDAMENTAL CORE Pieta	<b>NEW</b> FULL BODY SWEAT Lina					
10:15 am	HIIT THE LEGS Nicole	BABY GYM Vera	LOW IMPACT FITNESS Christine	LOW IMPACT PILATES Anie	10am FULL BODY SWEAT Christine	10am BABY GYM Patricia			
11:15 am	MOM & BABY STRENGTH & MOBILITY Pieta	HIIT & FLOW Christine	BABY GYM Sheila	FULL BODY SWEAT Christine	BABY GYM Vera	SO BARRE CORE Anie	BABY GYM Sheila	STRENGTH CIRCUIT Nicole	BABY GYM Patricia
12:15 pm	STRENGTH CIRCUIT Brennan	Level 1 SMALL GROUP STRENGTH Christine	UPPER BODY SWEAT Hanz		Level 2 SMALL GROUP STRENGTH Nicole	BABY GYM Patricia			
4:30 pm				KIDS ZONE FITNESS EXPLORERS Tara	BELLS & CORE Anna	12:15pm FLOWGA Christine			
6:15 pm	<b>V</b> GYM CLASS HEROES Mercedes	POWER PILATES Dorota		<b>NEW</b> PRENATAL PILATES & FITNESS Lina	<b>NEW</b> STRENGTH CIRCUIT Mehrnoosh				
7:15 pm	Level 2 SMALL GROUP STRENGTH Mercedes	STEP UP! Mercedes	FLOWGA Marnie	Level 1 SMALL GROUP STRENGTH Christine	<b>NEW</b> ZUMBA Mehrnoosh				
8:15 pm	<b>V</b> FULL BODY SWEAT Nicole		COMBAT FIT Meredith						

WEEKEND WARRIORS		
Saturday	Sunday	
8:15 am <b>V</b> UPPER BODY SWEAT Christine		
9:15 or 9:30 am		
GYM CLASS HEROES Franca	FULL BODY SWEAT Lina	
MENS ONLY STRENGTH CIRCUIT Brennan		
KIDS ZONE Patricia	KIDS ZONE Dawn	
BABY GYM Vera	<b>NEW</b> BABY GYM Courtney	
10:15 or 10:30 am		
SUPER CIRCUIT Nicole	SUPER CIRCUIT Hanz	
KIDS ZONE Patricia	KIDS ZONE Dawn	<b>NEW</b> BABY GYM Courtney
BABY GYM Vera	<b>V</b> HIIT The Legs Lina	



Virtual Class