



# 2024 SPRING SCHEDULE

	FIT MAMA CLASS (WOMENS ONLY)		SPECIAL REGISTRATION		GYM & JUICE (CO-ED)		KIDS ZONE		BABY GYM		WEEKEND WARRIORS			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
6:15 am	GYM CLASS HEROES Brennan		HIIT & Flow Tosha			GYM CLASS HEROES Brennan		HIIT THE GYM Franca		8:15 am	UPPER BODY SWEAT Christine			
9:15 am			GYM CLASS HEROES Pieta		8:00am SUPER CIRCUIT Nicole		8:45am SMALL GROUP STRENGTH Nicole		9:15 am	GYM CLASS HEROES Franca		SO BARRE CORE Andriana		
10:15 am	HIIT THE LEGS Mercedes	BABY GYM Vera	LOW IMPACT FITNESS Christine			LOW IMPACT PILATES Anie		10am FULL BODY SWEAT Christine	10am BABY GYM Nicole	9:15 am	KIDS ZONE Nicole		KIDS ZONE Melissa	
10:15 am	BABY GYM Vera									9:15 am	BABY GYM Vera			
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	*MOMMY CONNECTIONS <small>(PRIVATE GROUP)</small>	10:15 or 10:30 am	SUPER CIRCUIT Nicole		SUPER CIRCUIT Christine	
12:15 pm	SMALL GROUP STRENGTH Mercedes	BABY GYM Vera		SMALL GROUP STRENGTH Nicole	UPPER BODY SWEAT Christine	BABY WEARING DANCE CLASS MEREDYTH & NIDHI		SUPER CIRCUIT Brennan		10:15 or 10:30 am	KIDS ZONE Melissa		KIDS ZONE Melissa	
12:15 pm										10:15 or 10:30 am	BABY GYM Vera			
4:15pm		HIIT THE LEGS Franca	KIDS ZONE											
6:15 pm	GYM CLASS HEROES Franca		SUPER CIRCUIT Nicole		KICKBOX STRENGTH Anessa	KIDS ZONE	HIIT THE GYM Nicole							
7:15 pm	7pm SMALL GROUP STRENGTH Mercedes		STEP UP! Mercedes		GYM FLOW Marnee									