

Labor Day

Group Exercise Schedule
Monday, September 2, 2019

	Class	Instructor	Location
7:15 AM	SPRINT	Vicky	Studio B
8:00 AM	BODYPUMP	Vicky	Studio B
8:15 AM	Flow Yoga	Amy M.	Studio A
9:00 AM	CXWORX	Karolina	Studio B
9:30 AM	Zumba	Andres	Studio C
9:30 AM	Cycle	Karolina	Studio B
10:30 AM	Balance & Strength	Luci	Studio B
10:30 AM	Flow Yoga	Cynthia	Studio C

Please note special times and room changes for classes on Labor Day.

