

ONLINE CLASS SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am							
7:30 am							
8:00 am							
8:30 am			Move (30 min)		Stretch & Mobility (30 min)		
9:00 am		Lift (30 min)		Yoga (45 min)		Box Strong (30 min)	
9:30 am							
10:00 am	Lift (45 min)						Move (45 min)
10:30 am							
11:00 am							
11:30 am							
12:00 pm			Rotating Series (30 min)		Zumba (30 min)	Cardio (30 min)	
12:30 pm						Stretch & Mobility (30 min)	
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
5:00 pm							
5:30 pm		Move (30 min)		Dance Strong (45 min)	Pop Pump (30 min)		
6:00 pm							
6:30 pm		Dance Cardio (45 min)	Strength & Stretch (45 min)		Move (45 min)	Rotating Series (45 min)	
7:00 pm	Restore (60 min)			Gentle Stretch (45 min)			
7:30 pm							

