

MAY - JULY

OUTDOOR GROUP CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM					
11:30 AM		 YOGA WITH CRISS		 BARRE WITH CEILIDH	
12:30 PM	 H.I.I.T. WITH CARLEY	 PILATES WITH CRISS	 CARDIO WITH CARLEY	 YOGA WITH CEILIDH	 CIRCUIT W/ CRISS/CARLEY
4:00 PM	 H.I.I.T. WITH LAURA		 PILATES/BARRE WITH JULIA		

Each class is 30 min.

Reserve your spot
via MindBody.

