



Group Fitness Schedule

Individual or small group Virtual Classes can be schedule anytime outside of our regular scheduled classes (below), just ask us & we'll set you up! Virtual Classes include: BODYPUMP, BODYFLOW, GRIT Athletic, GRIT Cardio, GRIT Strength, BARRE, CXWORX, BODYFLOW YOGA in 15, 30, & 60 minutes; ON DEMAND for you!

Monday:	9:30 am	BodyFlow – Virtual Room
	10:30 am	SAIL – Kathy
	4:45 pm	CXWORX – Virtual Room
	5:30 pm	Yoga - Sharron
Tuesday:	7:00 am	BodyPump – Virtual Room
	8:00 am	Combo Class – TJ
	9:15 am	Integrate – TJ
	9:30 am	BodyPump – Virtual Room
	10:30 am	Yoga/Qigong – Martha
	5:30 pm	BodyPump – Virtual Room
Wednesday:	9:00 am	CXWORX – Virtual Room
	9:15 am	Silver N Fit Excell – Martha
	10:30 am	SAIL - Kathy
	4:30 pm	BodyFlow - Virtual Room
	5:30 pm	RPM - Sara
Thursday:	7:00 am	BodyPump - Virtual Room
	9:15 am	BodyPump - Virtual Room
	2:30 pm	Virtual Grit Cardio – Virtual Room
	5:30 pm	BodyPump - Virtual Room
Friday:	9:15 am	Integrate - TJ
	10:30 am	SAIL - TJ
	5:30 pm	CXWORX - Virtual Room
	6:00 pm	BodyFlow - Virtual Room
Saturday:	8:30 am	RPM - Sara
	10:00 am	BodyPump - Virtual Room
	11:15 am	BodyFlow - Virtual Room
Sunday:	10:15 am	CXWORX - Virtual Room
	11:00 am	BodyFlow - Virtual Room