

May 2023 - Group Fitness

Classes with an * are available via zoom. To attend in-studio please sign in through MINDBODY online. Limited to 8 clients in-studio.

Zoom Meeting ID: 535 554 1261 Password: fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45p Pietra	2 7:30a Strength* 8:30a Strength 5:30p Strength	3 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	4 7:30a Strength* 8:30a Strength 5:30p Strength	5 8:30a Functional Flexibility* 1:30p Pietra	6 10:15a Core Conditioning
7 3:30p Pietra	8 5:45p Pietra	9 7:30a Strength* 8:30a Strength 5:30p Strength	10 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	11 7:30a Strength* 8:30a Strength 5:30p Strength	12 8:30a Functional Flexibility* 1:30p Pietra	13 10:15a Core Conditioning
14 3:30p Pietra	15 5:45p Pietra	16 7:30a Strength* 8:30a Strength 5:30p Strength	17 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	18 7:30a Strength* 8:30a Strength 5:30p Strength	19 8:30a Functional Flexibility* 1:30p Pietra	20 10:15a Core Conditioning
21 3:30p Pietra	22 5:45p Pietra	23 7:30a Strength* 8:30a Strength 5:30p Strength	24 10:30a Fitness 101 5:45p Pietra 7:00p Pietra	25 7:30a Strength* 8:30a Strength 5:30p Strength	26 8:30a Functional Flexibility* 12p Pietra	27 10:15a Core Conditioning
28 No Pietra today	29 9a Pietra	30 7:30a Strength* 8:30a Strength 5:30p Strength	31 10:30a Fitness 101 5:45p Pietra 7:00p Pietra			