



CLASS SCHEDULE

*all classes are **FREE** to members!*

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 AM	Barbells & Kettlebells Kelly 45 minutes	*Spin Jen 45 minutes	Barbells & Kettlebells Kelly 45 minutes	*Spin Jen 45 minutes	Barbells & Kettlebells Kelly 45 minutes		
12:15 PM	Circuit Training Kelly 30 minutes	Yoga Jamie 30 minutes	Circuit Training Kelly 30 minutes	Yoga Jamie 30 minutes			
5:25 PM	*Spin Anya 45 minutes		*Spin Anya 45 minutes				
6:15 PM	Yoga Jessica 60 minutes		Yoga Jessica 60 minutes				

*Space is limited to the number of bikes available. Please use the Spivi App to reserve your bike.

WINTER2020