

GROUP FITNESS FINALS SCHEDULE

Mon 12/12: Spin/TRX @6AM

Tues 12/13: Cycle @630AM

Strength @12:30PM

Jiu Jitsu @ 2PM

Kickboxing @5:45PM**

YinYangYoga @6:30PM

Wed 12/14: All Classes Canceled

Thurs 12/15: All Classes Canceled

Fri 12/16: All Classes Canceled

Spring classes begins Jan 9th, 2023

Details to follow