


Monday

 6:15 am Cardio and Strength

 9:00 am Cardio and Strength

6:00 pm Flow Yoga


Tuesday

 8:00 am Flow Yoga

  6:30 pm Intense Strength

Wednesday

  8:00 am Body Beat

 9:00 am Outdoor Intervals
(shifts online in December)

6:30 pm Flow Yoga

Thursday



 6:15 am Cardio and Strength

  9:00 am Flow Yoga

 6:00 pm Deep and Slow Flow

Friday

 6:15 am Tabata (25 mins)

  6:45 am Flow Yoga (30 mins)

 9:00 am Cardio and Strength

Saturday

 7:30 am Outdoor Blast

 (outdoors the whole session)

Trio Sunday (do 1,2 or all and they count as 1 class)

 9:30 am Body Beat

  10:05 Butt and Thighs

10:30 am Flow Yoga

 cued class (Sue coaches and demonstrates)

 music played in class

 outdoor pre-registered class

 class recorded for Recording Library