

VIRTUAL FITNESS OFFERINGS

Fall 2020

DAY	TIME	CLASS FORMAT	PLATFORM
MONDAY	Noon	Barre	Zoom
	12:30 p.m.	HIIT	Instagram
TUESDAY	9 a.m.	Power Flow	Zoom
	Noon	Circuit Training	Zoom
WEDNESDAY	7:30 a.m.	HIIT	Zoom
	Noon	Barre	Zoom
	12:30 p.m.	Kickboxing	Instagram
	2 p.m.	HIIT	Zoom
THURSDAY	4 p.m.	Barre	Zoom
	7 p.m.	Hip Hop Kickboxing	Zoom
FRIDAY	Noon	Slow Flow	Zoom
	12:30 p.m.	HIIT	Instagram

EXPERIENCE: FITNESS

