

Fitness schedule



M

7AM - YOGA W/ SOMMER
4:30PM - HIIT W/ EMMA
5:15PM - HIIT W/ EMMA

T

3PM - SPIN W/ ADAM
5:30PM - SPIN W/ ADAM

W

7AM - YOGA W/ SOMMER

T

3PM - SPIN W/ ADAM
4:30PM - HIIT W/ EMMA
5:15PM HIIT W/ EMMA
5:30PM - SPIN W/ ADAM

F

NO CLASSES