

## **Weekly Schedule for Virtual Fitness Classes**

### **Mondays**

8:30am - Total Body Conditioning  
5:00pm - Myofascial Restorative Bodywork  
6:45pm - Zumba

### **Tuesdays**

9:00am - Full Body Muscle – Stability Ball  
5:30pm - Yoga  
6:30pm - BollyX

### **Wednesdays**

8:15am- Barre  
9:30am - Lets Lift  
5:30pm - Tabata/Muscle

### **Thursdays**

8:00am - Express 30 Minutes Low Impact HIIT with Glutes/Abs  
9:00am - Pilates with Weights  
5:30pm - Zumba

### **Fridays**

8:30am - Fridays Fusion Core Crusher (30 minutes)  
9:00am - Legs and Booty Resistance Band

### **Saturdays**

9:00am - HIIT - Low Impact Full Body Circuit  
10:15am - Yoga

### **Sundays**

9:15am - Barre  
10:30am - Yoga