

Group X + F45 Virtual Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30-9:30 am F45 Staff	9:00-9:45 am Total Body HIIT Joanne
11:00-11:45 am Core & More Patricia	11:00-11:45 am Stretch & Meditation Shelley	11:00-11:45 am Core & More Barbara	11:00-11:45 am Stretch & Meditation Shelley		8:45-9:30 am Hatha Yoga Barbara	10:00-10:45 am Vinyasa Yoga Natalya
12:00-12:45 pm Strength Training For All Ann	12:00-12:45 pm Hatha Flow Barbara	12:00-12:45 pm Strength Training For All Joanne	12:00-12:45 pm Hatha Flow Monica	12:00-12:45 pm Zumba Talia	10:30-11:15 am Pop Pilates/Barre Sally/Jenne	
5:00-5:45 pm F45 Staff	5:00-5:45 pm F45 Staff	5:00-5:45 pm F45 Staff	5:00-5:45 pm F45 Staff	12:00-12:45 pm F45 Staff		
5:00-5:45 pm Barre Assets Jenne C.	5:30-6:15 pm Zumba Sally	5:00-5:45 pm Barre Assets Jenne	5:30-6:15 pm Pop Pilates Ailin	5:00-5:45 pm Vinyasa Yoga Monica		
6:00-6:45 pm Vinyasa Yoga Natalya	6:00-6:45 pm Total Body HIIT Laurie	6:00-6:45 pm Hatha Yoga Patricia				