



GROUP CLASS OFFERINGS

\$Paid Programs\$ must be booked 24 hours prior to class start. Book with Joan or Kevin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am – 8:00am Cycling w/Lynette	7:30am – 8:30am Small Group w/Kevin \$Paid Programs\$	9:30am – 10:20am Yoga w/Jude	7:30am - 8:30am Small Group w/Kevin \$Paid Programs\$	7:00am – 8:00am Cycling w/Lynette	9:45am -11:15am Yoga w/Thom
9:15am – 10:15am Small Group w/Joan \$Paid Programs\$	8:30am – 9:20am Joint Mobility & Mindful Strength w/Jude	9:15am – 10:15am Small Group w/Joan \$Paid Programs\$	8:30am– 9:20am Joint Mobility & Mindful Strength w/Jude	9:15am – 10:15am Small Group w/Joan \$Paid Programs\$	11:30am – 1:00pm Brazilian Jiu Jitsu w/Erik \$Paid Programs\$
9:15am – 10:45am Yoga w/Thom	8:45am – 9:45am Small Group w/Kevin \$Paid Programs\$	10:30am- 11:30pm Small Group w/Joan \$Paid Programs\$	8:45am – 9:45am Small Group w/Kevin \$Paid Programs\$	10:30am – 11:30am Small Group w/Joan \$Paid Programs\$	
10:30am -11:30pm Small Group w/Joan \$Paid Programs\$	6:30pm Jui Jitsu Brazilian w/Erik \$Paid Programs\$	11:30am – 12:45pm Parkinsons Fitness w/Erik \$Paid Programs\$		9:30am – 10:30am Yoga w/Jude	
11:30am – 12:45pm Parkinsons Fitness w/Erik \$Paid Programs\$		5:45pm – 7:15pm Yoga w/Thom			
7:30pm- 9:00pm Brazilian Jui Jitsu w/Erik \$Paid Programs\$		7:30pm- 9:00pm Brazilian Jui Jitsu w/Erik \$Paid Programs\$			