



GROUP CLASS OFFERINGS

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

MONDAY

7:00am – 8:00am
Cycling
w/Lynette

9:15am – 10:15am
Small Group
w/Joan
\$Paid Program\$

9:15am – 10:45am
Yoga
w/Thom

10:30am -11:30pm
Small Group
w/Joan
\$Paid Programs\$

11:30am – 12:45pm
Parkinsons Fitness
w/Erik
\$Paid Programs\$

7:30pm- 9:00pm
Brazilian Jui Jitsu
w/Erik
\$Paid Programs\$

TUESDAY

7:30am – 8:30am
Small Group
w/Kevin
\$Paid Programs\$

8:30am – 9:20am
Joint Mobility &
Mindful Strength
w/Jude

8:45am – 9:45am
Small Group
w/Kevin
\$Paid Programs\$

6:30pm Jui Jitsu
Brazilian w/Erik
\$Paid Programs\$

WEDNESDAY

9:30am – 10:20am
Yoga
w/Jude

9:15am – 10:15am
Small Group
w/Joan
\$Paid Programs

10:30am- 11:30pm
Small Group
w/Joan
\$Paid Programs\$

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\$

THURSDAY

7:30am - 8:30am
Small Group
w/Kevin
\$Paid Programs\$

8:30am– 9:20am
Joint Mobility &
Mindful Strength
w/Jude

8:45am – 9:45am
Small Group
w/Kevin
\$Paid Programs\$

FRIDAY

7:00am – 8:00am
Cycling
w/Lynette

9:15am – 10:15am
Small Group
w/Joan
\$Paid Programs\$

10:30am – 11:30am
Small Group
w/Joan
\$Paid Programs\$

9:30am – 10:30am
Yoga
w/Jude

SATURDAY

9:45am -11:15am
Yoga
w/Thom

11:30am – 1:00pm
Brazilian Jiu Jitsu
w/Erik
\$Paid Programs\$