



# 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\$

12:00pm – 1:00pm  
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\$

9:30am – 10:30am  
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

7:00am-8:00am  
Cycling  
w/Lynette

9:30am – 10:20am  
Yoga  
w/Jude

9:15am-10:15am &  
10:30am-11:30am  
Small Group  
w/Joan  
\$Paid Programs\$

12:00pm-1:00pm  
Parkinsons Fitness  
w/Eric  
\$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\$

9:30am– 10:30am  
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\$