

Current 2018 Summer Fitness Calendar

MONDAY

6:00PM-7:00PM ZUMBA (NEW!)

TUESDAY

7:00AM-8:00AM HIIT (HIGH INTENSITY INTERVAL TRAINING)

9:00AM-10:00AM YOGA

5:00PM-7:45PM KIDS JIU JITSU

WEDNESDAY

7:00AM-8:00AM YOGA

6:00PM-7:00PM BARRE

THURSDAY

7:00AM-8:00AM HIIT (HIGH INTENSITY INTERVAL TRAINING)

9:00AM YOGA

4:30PM-7:15PM KIDS JIU JITSU

FRIDAY

9:00AM-10:00AM BARRE

4:30PM-5:30PM HAPPY HOUR YOGA

SATURDAY

9:00AM-10:00AM HIIT (HIGH INTENSITY INTERVAL TRAINING)

10:00AM-11:00AM YOGA

11:00AM-12:30PM KIDS JIU JITSU

SUNDAY

9:00AM AQUA BOOT CAMP (NEW!)

10:00AM KIDS YOGA