

2019

SPRING WELLNESS SCHEDULE



MONDAY

9am BARRE

TUESDAY

7AM HIIT

8AM YOGA

5PM-7:45PM KIDS JIU JITSU

WEDNESDAY

7am YOGA

THURSDAY

7AM HIIT

5PM-7:45PM KIDS JIU JITSU

FRIDAY

9am BARRE

4:30pm Happy Hour Yoga

SATURDAY

9am HIIT

10am YOGA

11am-12:30pm Kids Jiu Jitsu