

August 31- September 5 Reduced Schedule 2026

Time of Class	Sunday	Mon Aug 31	Tue Sep 1	Wed Sep 2	Thu Sep 3	Fri Sep 4	Sat Sep 5
6:00-6:45a							
9:00-9:45a		Barre LITE 💪			Cardio & Strength - LITE 💪★🔥	Barre - LITE 💪★	Bootcamp (8:30-9:15a) 💪🔥
10:00-10:45a		Yoga ★			Yoga ★	Dance Fit LITE ★🔥	Barre (9:30-10:15a) 💪★
11:00-11:45a		Baby Fit - Strong 💪★👶	Chair Yoga ★			Baby Fit - Strong 💪★👶	Aerial Yoga (10:30-11:15a) ★
12:15-12:45p		Functional Circuit 💪🔥			Barre 💪★	Pilates 💪★	
4:30-5:15p		Cardio Kickboxing 💪🔥	TRX 💪★	Barre 💪🔥	Functional Circuit 💪🔥		
5:30-6:15p		Pilates 💪★	Dance Fit 🔥	Kettle Bell 💪★	Dance Fit 🔥		
6:30-7:15p			Step 🔥				

💪 - Strength ★ - Low Impact 🔥 - Cardio 👶 - Baby-friendly

Instructed by Jenni

Instructed by Emily