

November 2020

GROUP EX SCHEDULE

included in membership Sports Village Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	■MC-MAX Corey -	→HIIT-Jamie	■Cardio Kickbox-Corey	Tighten up ABS Jordan		★BODY PUMP - Jamie
8:30					★BODY PUMP - Courtney	
9:00	■CardioParty-Peggy	★PIYO-Amber	■CardioParty-Peggy	★PIYO-Amber		→ FIT with Jesse
10:00	★Yoga – Gentle Flow- Tami	■Chair Yoga - Athina	★Yoga – Gentle Flow- Athina		★Yoga DETOX 26 - Athina	
4:00	■Burn & Build Jordan			4:00 BARRE-Michelle		
4:30	■W.O.W.-Corey		■W.O.W.-Corey			
5:00	■CardioKick-Corey ■ VFIT ages 5-11 Brittany	■HIIT-Jamie	■CardioKick-Corey ■ VFIT ages 5-11 Brittany	■Burn & Build Jordan		
5:30	→BODY PUMP EXPRESS-Jamie	★Water FIT Janet ■Latin Jam-Jesse	★BODY PUMP- Courtney	■Sculpt Combo-Jesse		SUNDAY 9 AM ★PowerFlow Yoga- Athina
6:00	6:00 PM★Power Flow YOGA-Lisa	■Sculpt Combo-Jesse				
	ALL Classes will use minimal equipment, lots of body weight, during this time.	Please keep checking schedule as changes may be necessary	Mask used when 6' distancing not possible			■ 30 min →=45 min ★=60 min