

400 THIRD FITNESS GROUP EXERCISE SCHEDULE



WINTER SEASON ❄️

Monday	Tuesday	Wednesday	Thursday	Friday
<p>YOGA Paul 12:00-12:45</p> <p><i>**Please bring your own mat</i></p>	<p>BARRE Trudy 12:00-12:45</p>	<p>TOTAL BODY BLITZ Navin 12:00-12:45</p>	<p>PILATES SCULPT Trudy 12:00-12:45</p> <p>**CYCLE+ every final Thursday of the month**</p>	<p>YOGA Brenda 12:00-12:45</p> <p><i>**Please bring your own mat</i></p>

This is a dynamic schedule and will change with member needs.

*Class instructor may vary without prior notice.