



Fit From Home Class Schedule

September 8-December 19, 2020

All our Live Stream Virtual classes run on ZOOM.
 The meeting will be opened by the Host 15 minutes before classes start.
 Women Identified Classes noted in PINK
Classes are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Meditation 8:30-9:00am				
Vertical Pilates 9:30-10:15am	 ZUMBA 9:30-10:00am	Pilates 9:30-10:00am	Cardio Dance 9:30-10:00am	Build Your Balance 9:30-10:00am	
	Chair Pilates 10:30-11:15am	Dance Fit 10:30-11:00am	Mind Busters 10:30-11:15am		 ZUMBA 10:00-10:45am Starts Sept. 26
			Bones Plus 11:30am-12pm	Aerobics 11:00-11:30am	Boot Camp 11:15am-12:00pm
Core & Balance 12:30-1:00pm	Tabata 12:30-1:00pm	Stretch and Strengthen 12:30-1:00pm	Chair Pilates 12:30-1:15pm	Tabata 12:30-1:00pm	
Pilates 2:00-2:30pm	Knowledge Showdown 1:30-2:30pm	Social Chat 1:30-2:00pm			
 STRONG Nation 6:00-7:00pm	Pilates 6:30-7:15pm	Tabata 6:30-7:00pm	Meditation 6:30-7:00pm	Movement & Mobility 6:30-7:15pm	
Stretch it Out 7:15-7:45pm		 ZUMBA 7:15-7:45pm Starts Sept. 30			