



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	 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		 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		 7:15-7:45pm Starts Sept. 30			