

East Fitness Schedule Fall 2017 December 1—December 20 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning							Cyclefit 9-10am Boni
Mid Morning		Yoga 9:30-10:30am Multi Instructor	Bodyblast 9:30-10:30am Alla	Yoga 9:30-10:30am Kathryn			Abs & Core 10-10:30am Boni
Late Morning						Abs & Core 10:30-11:30am Kathryn	
Lunch							
Early Evening		Bodyblast 6:30-7:30 Marina		Bodyblast 6:30-7:30pm Multi Instructor	Family HITT 6:30-7:30pm Jenn/Andrea	Tae Kwon Do* 6:30-7:30	
Late Evening					Cyclefit 5:30-6:30pm Stacie	Parkour Club 8:30-10pm 16+	

East Fitness Schedule

Free drop in classes included with your membership

Family classes welcome youth aged 6+ to attend with their parents

Check out the winter program guide for all of our new program opportunities



See our online schedule for the latest updates