

# East Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning							<b>Cyclefit</b> 9-10am Boni
Mid Morning		<b>Yoga</b> 9:30-10:30am Alla	<b>Bodyblast</b> 9:30-10:30am Alla				<b>Abs &amp; Core</b> 10-10:30am Boni
Late Morning							
Early Evening							<b>Tae Kwon Do</b> 12-1pm
Late Evening				<b>Bootcamp</b> 7-8pm Multi Instructor	<b>Cyclefit</b> 5:30-6:30pm Stacie	<b>Family HITT</b> 6:30-7:30pm Jenn/Andrea	<b>Tae Kwon Do</b> 6:30-7:30  <b>Parkour Club</b> 8:30-10pm 16+

**Fitness classes are Free!**

**Try one today!**

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

**Child Minding**

Monday-Saturday 9am-12pm

Monday to Friday 5pm-8pm



See our online schedule for the latest updates