

East Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning							CycleFit 9-10am Boni
Mid Morning		Yoga 9:30-10:30am Kathryn	BodyBlast 9:30-10:30am Alla	Yoga 9:30-10:30am Alla	CycleFit 9:15-10:15am Skip		Abs & Core 10-10:30am Boni Tae Kwon Do 12-1pm
Early Evening					CycleFit 5:30-6:10pm Stacie		
					Family HITT 6:30-7:30pm Jenn/Andrea	Tae Kwon Do 6:30-7:30	
Late Evening				BootCamp 7-8pm Multi Instructor			

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

