



PTO Fitness Center

ONSITE

Group Exercise Schedule

Effective Monday November 14, 2022

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	7 - 7:45am FLOW YOGA West Studio <i>Jo</i>			
	12 – 12:25pm ABS / CORE West Studio <i>Mindy</i>	12 – 12:25pm ABS / CORE West Studio <i>Lara</i>		
	12:45 – 1:30pm FLOW YOGA West Studio <i>Catha</i>	12:30 – 1:15pm FLOW YOGA West Studio <i>Jo</i>		12:30 – 1pm BOOT CAMP West Studio <i>Eddie</i>
			3 – 3:55pm GENTLE YOGA West Studio <i>Catha</i>	3 – 4:30pm BRAZILIAN JIU JITSU West Studio <i>Mike</i>
	4 – 4:30pm STEP EXPRESS West Studio <i>Mindy</i>	4 - 4:45pm STRENGTH West Studio <i>Frank</i>	4 – 4:45pm CYCLE + ABS East Studio <i>Dolcie</i>	
	5 – 6pm DANCESPORT ENDURANCE West Studio <i>Michael</i>	5 – 5:30pm KICKBOXING West Studio <i>Jeff</i>		