

Group Fitness Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Sunrise Yoga 6:30-7:20 AM Colvin D1	
		Yin Yoga 9:00-9:50 AM Colvin D2		Yin Yoga 9:00-9:50 AM Colvin D2		
	Aerial Yoga 5:45-6:45 PM Empower Fit Studios					
		POP Pilates 6:30-7:20 PM Colvin D1		POP Pilates 6:30-7:20 PM Colvin D1		