

Class Schedule

As of July 1, 2020



	MON	TUES	WEDS	THURS	FRI
10 AM	High F.	HF Yoga	High F.	High F.	High F.
11 AM					
11:30 AM					
12 PM				High F.	High F.
1 PM					
1:30 PM					
2 PM			Low F.		Low F.
3 PM					
4 PM	Low F.				Low F.
5 PM					
6 PM					
6:30 PM		High F.		High F.	
7 PM					
8 PM					

High Functioning
 Low Functioning
 Zoom (online)
 At the Gym