

PEOPLE  
DOING  
EXERCISE  
  
FITNESS + YOGA  
VIRTUAL SESSIONS



## MONDAY

QUICKFIT | 10:00AM

ENDURANCE | 7:15PM + 10:15PM

## TUESDAY

QUICKFIT | 10:00AM

STRENGTH | 7:15PM + 10:15PM

## WEDNESDAY

QUICKFIT | 10:00AM

VINYASA FLOW | 7:15PM + 10:15PM

## THURSDAY

QUICKFIT | 10:00AM

ENDURANCE | 7:15PM + 10:15PM

## FRIDAY

QUICKFIT | 7:00AM

MOVEMENT | 10:00AM + 1:00PM

## SATURDAY

VINYASA FLOW | 9:30AM + 12:30PM

BOOTCAMP | 11:15AM

## SUNDAY

MINDFULNESS | 9:30AM + 12:30PM

BOOTCAMP | 11:15AM