

JANUARY 2026

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am		Flow Yoga -Jodie		Mobility&Stretch -Se	Power Yoga -Joette	
9:00 am	Total Body -Bonnie	HIIT -Bonnie	Gentle Yoga -Cassidy	Flow Yoga -Se`	Total Body -Bonnie	Flow Yoga -Se`
10:00 am	Stretch -Cassidy	Barre -Bonnie	Stretch -Cassidy	HIIT -Bonnie		Barre -Kay
11:00 am	Yoga Nidra -Cassidy		Men's Stretch -Cassidy			
4:30 pm	Flow to Fit -Joette		Flow to Fit -Kay			
5:30 pm			Foam Roll+Stretch			