

Fitness Addiction Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	5:30AM HIIT Fit Julie		5:30AM HIIT Fit Julie		
	9AM Pilates Barre Fusion Susan	8AM Yoga Lisa			8AM HIIT + Burn Julie
8:30AM Strength Strong Kris	9AM HIIT in the gym Conditioning Kris	9AM Functional Fitness Kris	9AM HIIT Skills Kris	8:30AM "No Nonsense" Kris	9AM Yoga Rotation
10:30AM SS MSROM Kris	10:30AM SS Yoga Susan	10:30AM SS Strength and Stretch Susan	10:30AM SS Yoga Jen	10:30AM SS Cardio Kris	

SCHEDULE BEGINS 9/10/2018!!

Class Schedule will follow DOWNTOWN AREA SCHOOL DISTRICT for Delays and Cancellations.
Schedule is subject to change.