



South Philly, Dec 4th- February 25th, 2024
 Holiday Schedule - No Classes 12/23/23 - 1/1/24

Winter Group Exercise Schedule

TIME	MON	TUES	WED	THUR	SAT
9:00 AM					Yoga-Yulia Spin-Laura
9:30 AM	Yoga Shannon		Power Yoga Yulia		
10:00 AM					Zumba Sarina
5:30 PM	HIIT Taylor	Barre Janet	Yoga Dara	Boot Camp Willa	
6:00 PM		Spin Willa		Spin Lyle	
6:30 PM	Making Muscle Susan	Cardioboxing Laura	HIIT Laura	Zumba Lauren	