



South Philly
Spring Group Ex Schedule
Feb 23rd - June 7th

Time	MON	TUES	WED	THUR	SAT
8:30 AM					
9:30 AM	Yoga Yulia		Power Yoga Yulia		Barre - Yulia Spin - Nina
10:30 AM					Zumba Sarina
12:30 PM					
5:30 PM	HIIT Taylar	Barre Janet	Yoga Yulia	Boot Camp Willa	
6:00 PM		Spin Willa		Spin Nina	
6:30 PM		Cardio Boxing Laura D	HIIT Laura D	Zumba Lauren	
7:00 PM	Making Muscle Susan				