

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	BodyPump 45 minutes Kristi (Live at Y)		Cycling (Jada)			
6:00am		Meditation w/ Eleanor Zoom Meeting ID 828-7932-0264 Password Zen				
7:10am		BodyPump 45 minutes (Michele)		BodyPump 45 minutes (Michele)		
8:00am	Cycle (Cynthia)				Cycling (Cynthia)	
8:30am						Cycling (Jamilia)
9:00am		Zumba (Mae @ the Y and Lindsay on Zoom Meeting ID 443-747-804 Password Happy)	Cycling (Michele)	PiYo (Allison virtual on Facebook)		
9:30am						BodyPump (Cynthia)
10:00am						Yoga with Ester
11:00am		Strength & Balance (Sally- shaded outdoor Cycle area)		Strength & Balance (Sally- shaded outdoor Cycle area)		
5:30pm	BodyCombat (Jen @ Skatepark)	BodyPump (Cynthia)	Zumba (Lindsay) (Skatepark)	BodyPump (Jamilia)		
	Cycling (Jamilia)	Cycling (Jada)	Cycling (Jamilia)			