



GROUP EXERCISE SCHEDULE

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Upper Body Strength 12:00PM-12:45PM [Dave] 200 Mass Studio</p>	<p>Butts and Guts 12:00PM-12:45PM [Dave] 200 Mass Studio</p>	<p>Full Body Strength 12:00PM-12:45PM [Dave] 200 Mass Studio</p>	<p>YOGA 12:00PM-12:45PM [Amber] 200 Mass Studio</p>
	<p>Pilates 4:00PM-4:45PM [Emma] 200 Mass Studio</p>		<p>Cardio and Conditioning 5:00PM-5:45PM [Dave] 200 Mass Studio</p>

All classes are subject to change