Monday Labor Day September 2 Group Fitness AM Classes

8:30 - 9:30 Aqua Blast

Outdoor Pool (If inclement weather, Indoor Family Pool)

9:00 - 9:50 Cycle Circuit
Cycle Studio

9:00 - 9:50 PiYo
Upper Studio

9:00 - 9:50 TurboKick
Lower Studio

10:00 - 11:00 RIP!

Lower Studio

