

Fall 2022 Group Fitness Schedule August 21st –December 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					11-11:50 <i>PRAYzercise</i> <i>With Angelitta</i>
12-12:50pm <i>Body Blast</i> with Lydia		12-12:50pm <i>Body Blast</i> with Lydia			
	5:30-6:20pm <i>Body Blast</i> with Lydia		5:30-6:20 <i>Cycle Fit</i> with Talon		
6-6:50pm <i>PRAYzercise</i> With Angelitta		6-6:50pm <i>Classic Karate</i> with Shihan Daniel		6-6:50pm <i>Classic Karate</i> with Shihan Daniel	