
Changes to April Group Fitness Schedule

These Changes take effect on Monday, April 1st

Monday 6:45pm BODYCOMBAT
Now 55 Minutes

Tuesday 6am HEATED POWER YOGA
Now added to the schedule (55 Min.)

Wednesday 6:45pm BODYSTEP
Now 55 Minutes

Thursday 4pm HEATED POWER YOGA
Now added to the schedule (45 Min.)

Thursday 6:30pm BODYPUMP
Now 55 Minutes