

# Fitness schedule



M

7AM - YOGA W/ SOMMER  
4:30PM - HIIT W/ EMMA  
5:15PM - HIIT W/ EMMA

T

3PM - SPIN W/ ADAM  
5:30PM - SPIN W/ ADAM

W

7AM - YOGA W/ SOMMER

T

3PM - SPIN W/ ADAM  
4:30PM - HIIT W/ EMMA  
5:15PM HIIT W/ EMMA  
5:30PM - SPIN W/ ADAM

F

NO CLASSES