

TUESDAY
5:30pm
POP UP
CLASS

April 2

Barre and Barbells, Monica

Class will take place in the Mind & Body Studio

April 9

Barbell Strength, Monica

April 16

HIIT Hustle, Shauna

April 23

Yoga Sculpt, Tricia

Class will take place in the Mind & Body Studio

April 30

Pure Power, Katy

Classes take place in the Aerobics Studio unless noted otherwise.