


# FALL 2022 GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45am	Yoga Connie		Hardbody Grace				
12:00-12:45pm	Hardbody Connie		Yoga Shawna				
12:30-1:00pm		Circuit/Core Connie		30MinSpin Connie			
5:00-5:30pm	HIIT/Core Lauren 5-5:45pm	Kickboxing Connie 5-5:45pm	30MinSpin Jasmine	30MinSpin Dimitra		All classes are being held in Algonquin Hall	
6:00-6:45pm	Yoga Sylvie	Hardbody Jenna	Pilates Bella	Yoga Jillian		Follow us on Instagram @ Plattsfitness	
7:00-7:30pm	30MinSpin Kristina	30MinSpin Nina	Yoga Nicole 7-7:45pm				
8:00-8:45pm	Zumba Kaylynn	Yoga Lily 7:45-8:30pm	Zumba Kaylynn				