

SPRING 2023 GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45am							
12:00-12:45pm	Bootcamp Connie	Cross Cycle Connie	Hardbody Connie	Yoga Shawna			Follow us on Instagram @ Plattsfitness
5:00-5:45pm	HIIT/Core Lauren		Kickboxing Jillian			All classes are being held in Algonquin Hall	
6:00-6:45pm	30MinSpin Jasmine	30MinSpin Nina	Yoga Nicole				30MinSpin Kristina
7:00-7:45pm	Hardbody Grace	Yoga Sylvie	30MinSpin Dimitra				Traditional Yoga Saanvi *7:30-7:45pm 15MinMeditation Saanvi
8:00-8:45pm	Zumba Kaylynn		Zumba Kaylynn				

