


# FALL 2023 GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:45am	Yoga&Core Connie		Yoga Jema				
12:00-12:45pm	Strength HIIT Connie	Hardbody Connie	Yoga Shawna	Cycle&Core Connie		All classes are being held in Algonquin Hall	Follow us on Instagram @ Plattsfitness
5:00-5:45pm	HIIT/Core Lauren	Pilates Sophia	Kickboxing Connie	30MinSpin Olivia			Pilates Bella
6:00-6:45pm	30MinSpin Okiah	30MinSpin Nina	Yoga Grace	Yoga Sydney			Hardbody Abigail
7:00-7:45pm	Hardbody Grace	Yoga Nicole	30MinSpin Dimitra	Hardbody Grace			Traditional Yoga Saanvi *7:30-7:45pm 15MinMeditation Saanvi
8:00-8:45pm	Zumba Kaylynn	Garba Dance Mrundangi	Zumba Kaylynn				