

Monday

6:30am Mobility & Flow (Online only)

Join Zoom Meeting: <https://us02web.zoom.us/j/82736166472>

09:30am Strength & Conditioning (in-person and online)

Join Zoom Meeting: <https://us02web.zoom.us/j/334015639>

10:30am Aerial Hoop (in-person only)

6pm Strength & Conditioning (in person and Online)

Join Zoom Meeting: <https://us04web.zoom.us/j/908327747>

7pm Pole Fitness (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/499984356>

8pm Aerial Hoop (in-person)

Tuesday

9.45am Pole Fitness (in-person and online)

Join Zoom Meeting: <https://us02web.zoom.us/j/82129983512>

10.45am Fitness Pilates (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/287876395>

6pm Animal Flow (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/766046375>

7pm Strength & Conditioning (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/948277138>

Wednesday

9:30am Strength & Conditioning (in-person and online)

Join Zoom Meeting: <https://us02web.zoom.us/j/334015639>

2pm Animal Flow (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/190939929>

6:30pm Strength & Conditioning (in-person and online)

Join Zoom Meeting: <https://us02web.zoom.us/j/84460401306>

7:30pm Pole Fitness (in-person and online)

Join Zoom Meeting: <https://us02web.zoom.us/j/81309072545>

Thursday

6:30am Mobility & Flow (Online only)

Join Zoom Meeting: <https://us02web.zoom.us/j/82736166472>

9:45am Pole Fitness (in-person and online)

Join Zoom Meeting: <https://us02web.zoom.us/j/86199567092>

6pm Aerial Hoop (in-person only)

7pm Pole Fitness (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/713274655>

Friday

9:30am Strength, Conditioning (in-person and online)

Join Zoom Meeting: <https://us02web.zoom.us/j/334015639>

Saturday

10am Pole Fitness (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/105275563>

11am Strength & Conditioning (in-person and online)

Join Zoom Meeting: <https://us04web.zoom.us/j/641759572>