





## CLASS SCHEDULE EFFECTIVE JUNE 1ST - SEPTEMBER 30TH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45a-6:35a - Corefit	5:45a - Kickboxing @The Dojo	5:45a - Corefit	5:45a - 6:35a - Cycling	5:45a – Trainer's Choice 9:30a - Synergy	7:15a - Spin 8:00a - Synergy
	9:30a - Synergy	11:00a - Virtual (Cardio)	9:30a - Corefit	11:00a - Virtual (Cardio & Weights)		
	4:30p - Virtual (Core)	4:30p - Virtual (Cardio)	4:30p - Virtual (HIIT)			
		6:00p - Tabata		6:00p - Beginner's Yin Yoga		
	5:45a-6:35a - Corefit	5:45a - Kickboxing @The Dojo	5:45a - Corefit	5:45a - 6:35a - Cycling	5:45a – Trainer's Choice 9:30a - Synergy	7:15a - Spin 8:00a - Synergy
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		6:00p - Tabata		6:00p - Beginner's Yin Yoga		

Must sign up for each class in advance - (609)-938-1970

\*\*Classes are subject to change\*\*Virtual Classes are FREE\*\*11am classes are for 50+\*\*Kids 14+ and older can participate\*\*5:45a classes are 18+\*\*