FALL 2020
FINALS WEEK VIRTUAL GROUP FITNESS
DECEMBER 15 - 19

TUESDAY, DECEMBER 15

12PM - 12:45PM  FULL BODY STRENGTH TRAINING - Nancy Z
4:30PM - 5:15PM  BARRE - Jamie K
5:30PM - 6:30PM  YIN YOGA - Dan L

🎵 New DanceFit video released on youtube

WEDNESDAY, DECEMBER 16

9AM - 9:45AM  YOGA FLOW - Dan L
4PM - 4:45PM  YOGA FLOW - Kristen C

THURSDAY, DECEMBER 17

12PM - 12:45PM  *UBOX - Sydney O *(no equipment needed)
3PM - 3:45PM  FULL BODY STRENGTH TRAINING - Nancy Z
4:30PM - 5:15PM  BARRE - Jamie K

FRIDAY, DECEMBER 18

9AM - 9:45AM  YOGA FLOW - Kristen C
12PM - 12:45PM  FULL BODY STRENGTH TRAINING - Raya S

SATURDAY, DECEMBER 19

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