

GROUP FITNESS SCHEDULE | FERMOR



MONDAY	GROUP FITNESS		HITT Strength 9:20 am	ACTIVE 10:30 am			BLAST 4:35 pm	fight 5:40 pm	
	HOT YOGA		Barre 9:20 am	Gentle Yoga 10:30 am				Barre 5:40 pm	Restorative 6:50 pm
TUESDAY	GROUP FITNESS	RIDE 6:00 am	ACTIVE 9:10 am				POWER 4:35 pm	CENTERGY 5:40 pm	
	HOT YOGA			Yin/Yang/Restore 10:30 am					Restorative 6:50 pm
WEDNESDAY	GROUP FITNESS	HITT Strength 6:00 am	BLAST 9:20 am	POWER 10:30 am			ACTIVE 4:35 pm	ZUMBA 5:40 pm	
	HOT YOGA		Barre 9:20 am	Yin/Restore 10:30 am					Hatha 6:50 pm
THURSDAY	GROUP FITNESS	ACTIVE 9:20 am					RIDE 4:35 pm	POWER 5:40 pm	
	HOT YOGA			Yin/Restore 10:30 am				CENTERGY 5:40 pm	Slow Flow 6:50 pm
FRIDAY	GROUP FITNESS	RIDE 9:20 am					fight 4:35 pm		
	HOT YOGA	Barre 9:20 am		Yin 10:30 am					Flow 5:40 pm
SATURDAY	GROUP FITNESS	RIDE 8:20 am	BLAST 9:25 am	POWER 10:30 am	ACTIVE 11:35 am				
	HOT YOGA		Yang/Yin 9:25 am						
SUNDAY	GROUP FITNESS	RIDE 8:20 am	fight 9:25 am	ZUMBA 10:30 am					
	HOT YOGA			Yin 10:40 am					

*Any Group Fitness Class with low attendance may be cancelled.