



MetroFitness Virtual Class Schedule {September}

Week 1

Tuesday, September 1: Turbo Kick with Mary Kat at 5:30 PM

Wednesday, September 2: Muscle Mix with LA at 8:30 AM

Thursday, September 3: Cardio Blast with Brenda at 4:30 PM

Week 2:

Tuesday, September 8: 20/20/20 with Brenda at 5:35 PM

Wednesday, September 9: Sculpt Lite with Mary Kat at 9:35 AM

Thursday, September 10: Full Body Conditioning at 5:35 PM

Week 3:

Monday, September 14: Low Impact with Jodie at 9:35 AM

Tuesday, September 15: Yoga with Rebecca at 8:30 AM

Thursday, September 17: Zumba with Mary Kat at 5:35 PM

Week 4:

Monday, September 21: Full Body Conditioning with Mary Kat at 8:35 AM

Wednesday, September 23: Muscle Mix with LA at 8:30 AM

Thursday, September 24: Barlates with Jodie at 9:35 AM

Week 5:

Monday, September 28: Low Impact with Jodie at 9:35 AM

Monday, September 28: Turbo Kick with Mary Kat at 5:35 PM

Tuesday, September 29: Sculpt with Brenda at 5:30 AM