



METROFITNESS VIRTUAL CLASS SCHEDULE {AUGUST}

WEEK OF AUG 3RD

MON 9:35A WITH JODIE

WED. 8:30A MUSCLE MIX WITH LEIGH ANNE (LA)

THURSDAY 5:35P FULL BODY CONDITIONING WITH MARY KAT (MK)

WEEK OF AUG 10TH

MONDAY 5:35P TURBO KICK WITH MK

WED 8:30A MUSCLE MIX WITH LA

THURS 8:30A POWER YOGA WITH RHEAGAN

WEEK OF AUG. 17

MONDAY 8:30A 20/20/20 WITH MK

TUESDAY 5:30A SCULPT WITH BRENDA

THURS 9:35A BARLATES WITH JODIE

WEEK OF AUG 24

TUES 8:30A YOGA WITH REBECCA

WED. 8:30A MUSCLE MIX WITH LA

THURSDAY 4:30P CARDIO BLAST WITH BRENDA