

Virtual Group Fitness Class Schedule

Note: all virtual Class Zoom meetings are password-protected. The password for each class is the instructor's first name (as it appears on the schedule). Please try to arrive 5-10 minutes early to ensure that you have sufficient time to set up before the start of class.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|---|
| Early Morning | 6:15-7:15 am LMOD Core/Strength Meet-Up* CXWORX 30 Strengthening Yoga Kelsey | | | 6:15-7:15 am LMOD Core/Strength Meet-Up* CXWORX 31 Strengthening Yoga Kelsey | |
| Morning | 10:00-11:00 am Yoga Lei | 8:30-9:30 am Mat Pilates Alana | 10:00-11:00 am Zumba Lei | | 10:00-11:00 am Zumba Lei |
| | | 9:00 – 10:00 am LMOD BODYCOMBAT Meet-Up* Andrea | | | |
| Afternoon | 12:00-1:00 pm Zumba Geet | | 12:00-1:00 pm Barre Above Carrie | 12:00-12:45 pm Bodyweight HIIT Monica | 12:00-1:00 pm Barre Above Geet |
| | | | 12:00-12:30 pm Bodyweight HIIT Alana | | 12:00-1:00 pm Vinyasa Flow Alana |
| Evening | 5:00-6:00 pm BODYPUMP (Beginning May 25) Becca F. | 5:30-6:15 pm HIIT Training Carrie | 5:00-6:00 pm Virtual Vinyasa Yoga Meet-Up** Vinyasa Flow Kelsey | | |

*for Les Mills On Demand (LMOD) virtual meet-ups, please use the [60-day free trial](#) to create a LMOD account.

**For yoga classes, you may want the following: yoga mat (or non-slippery floor surface), yoga block (or thick book/cushion), and a yoga blanket (or towel).