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.

**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).**

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