

# 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 <a href="#">LMOD Core/Strength Meet-Up*</a> <a href="#">CXWORX 34</a> <a href="#">Strengthening Yoga</a> <b>Kelsey</b>			6:15-7:15 am <a href="#">LMOD Core/Strength Meet-Up*</a> <a href="#">CXWORX 35</a> <a href="#">Strengthening Yoga</a> <b>Kelsey</b>	
Morning	10:00-11:00 am  <a href="#">Yoga</a>  <b>Lei</b>	8:30-9:30 am  <a href="#">Mat Pilates</a>  <b>Alana</b>	10:00-11:00 am  <a href="#">Zumba</a>  <b>Lei</b>		10:00-11:00 am  <a href="#">Zumba</a>  <b>Lei</b>
		9:00 – 10:00 am <a href="#">LMOD BODYCOMBAT</a> <a href="#">Meet-Up*</a> <b>Andrea</b>			
Afternoon	12:00-1:00 pm  <a href="#">Zumba</a>  <b>Geet</b>		12:00-1:00 pm  <a href="#">Barre Above</a>  <b>Carrie</b>	12:00-12:45 pm  <a href="#">Bodyweight HIIT</a>  <b>Monica</b>	12:00-1:00 pm  <a href="#">Barre Above</a>  <b>Geet</b>
			12:00-12:30 pm  <a href="#">Bodyweight HIIT</a>  <b>Alana</b>		12:00-1:00 pm  <a href="#">Vinyasa Flow</a>  <b>Alana</b>
Evening	5:00-6:00 pm  <a href="#">BODYPUMP</a>  <b>Becca F</b>	5:30-6:15 pm  <a href="#">HIIT Training</a>  <b>Carrie</b>	5:00-6:00 pm <a href="#">Virtual Vinyasa Yoga Meet-Up**</a> <a href="#">Vinyasa Flow</a> <b>Kelsey</b>		

\*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).