

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 15 Strengthening Yoga Kelsey			6:15-7:15 am LMOD Core/Strength Meet-Up* CXWORX 16 Strengthening Yoga Kelsey	8:30-9:30 am Vinyasa Flow** Alana
Morning		8:30-9:30 am Mat Pilates Alana	8:30-9:00 am Bodyweight HIIT Alana		
	10:00-11:00 am Yoga Lei		10:00-11:00 am Zumba Lei		10:00-11:00 am Zumba Lei
Afternoon	12:00-1:00 pm Zumba Geet				12:00-1:00 pm Barre Above Geet
Evening			5:00-6:00 pm Virtual Vinyasa Yoga Meet-Up** Vinyasa Flow Kelsey	5:00-5:45 pm Bodyweight HIIT Monica	

*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).