

# Free Week Virtual Group Fitness 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 30</a> <a href="#">Strengthening Yoga**</a>			6:15-7:15 am <a href="#">LMOD Core/Strength Meet-Up*</a> <a href="#">CXWORX 31</a> <a href="#">Strengthening Yoga**</a> <b>Kelsey</b>	
Morning	9:00-9:50 am <a href="#">Zumba</a> <b>Lei</b>		9:00-9:50 am <a href="#">Zumba</a> <b>Lei</b>		
	10:00-11:00 am <a href="#">Yoga**</a> <b>Lei</b>		10:00-11:00 am <a href="#">Yoga**</a> <b>Lei</b>		10:00-11:00 am <a href="#">Pilates</a> <b>Neha</b>
Afternoon		12:00-1:00 pm <a href="#">Barre Above</a> <b>Geet</b>	12:00-1:00 pm <a href="#">Barre Above</a> <b>Geet</b>		

\*for Les Mills On Demand (LMOD) virtual meet-ups, please use the [30-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).