

UFit & F45 SCHEDULE

November 22 - 24

MONDAY

6:30 am - 7:15 am

F45

Studio 3
Camryn

7 am - 8 am

Yoga

Virtual
Prema

8 am - 8:45 am

HIIT

Virtual
Lexi

12:15 pm - 1 pm

F45

Studio 3
Camryn

5:30 pm - 6:30 pm

Power Yoga

Studio 2
Shawn

TUESDAY

6:30 am - 7:15 am

F45

Studio 3
Camryn

7 am - 8 am

Yoga

Virtual
Prema

9 am - 10 am

Cardio Kickboxing

Studio 2
Retta

5:30 pm - 6:30 pm

Total Body Conditioning

Virtual
Aquila



WEDNESDAY

6:30 am - 7:15 am

F45

Studio 3
Camryn

7 am - 8 am

Pranayama

Virtual
Prema

8 am - 8:45 am

HIIT

Virtual
Lexi

12:15 pm - 1 pm

F45

Studio 3
Camryn

5:30 pm - 6:15 pm

F45

Studio 3
Camryn

5:30 pm - 6:30 pm

Yoga Flow

Studio 2
Steve

7 pm - 7:45 pm

Core

Virtual
Lexi



Join any of our
Virtual classes by
scanning this
QR Code.

ALL UFit & F45 classes during Fall Break are **FREE** to attend!