

# GROUP FITNESS CLASSES

NOW HAPPENING AT THE FITNESS CENTER

## MONDAYS

- HIIT: 0900 - 1000
- YOGA: 1700 - 1800

## TUESDAYS

- LOWER BODY CIRCUIT: 1700 - 1900

## WEDNESDAYS

- NOFFS ZONE: 0700 - 0800
- NOFFS ZONE: 1130 - 1230
- CYCLING: 1700 - 1800

## THURSDAYS

- BARBELL: 1300 - 1400
- TRX: 1600 - 1630
- UPPER BODY CIRCUIT 1700 - 1745

## FRIDAYS

- HITT / BOOT CAMP 1700 - 1745

## SATURDAYS

- CYCLING: 1200 - 1300



@MWRNOLA

