

ST. MARYS GROUP FITNESS SCHEDULE (October 2020)

Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 – 6:55 am Tabata Nancy		6:15 – 6:55 am Cycle Fit Nancy			
9:05 – 10:05 am Tone & Stretch Nancy	9:30 – 10:30 am Yoga Su	9:05 – 10:05 am Interval Training Nancy	9:30 – 10:30 Yoga Su		8:30 – 9:30 am Be Powerful Karen
4:30 - 5:15 Kangoo Sarah					
	5:30 – 6:30 pm Cycle & Strength Nancy	5:00 – 5:55 pm Pilates Carol Anne (Starts October 14 th)	5:30 - 6:30 Interval Training Nancy		
		6:15 - 7:15 Yoga Su			