

Zoom Online Class Schedule



To register for a class:

May 2 - 27

- 1) Ensure you have a Zoom account. If not sign up for one for free online.
- 2) Click on the class name(s) below.
- 3) On the registration page, enter the name & email associated with your Zoom account, as well as your organization.
- 4) Receive an email confirmation from Zoom with access link and password.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6:45-7:30 AM	<u>Breakfast Club</u> Pre-Recorded Various Instructors/Formats		<u>Breakfast Club</u> Pre-Recorded Various Instructors/Formats		
10:30-10:45 AM	<u>Stretch Break</u> w/ Louis	<u>Guided Meditation</u>	<u>Guided Meditation</u> w/ Louis	<u>Guided Meditation</u>	<u>Stretch Break</u> w/ Louis
12:10-12:55 PM	<u>HIIT</u> w/ Claire	<u>Muscle & Core</u> w/ Tim	<u>Pilates</u> w/ Megan	<u>Zumba</u> w/Muriel	<u>Body Weight Burner</u> w/ Louis
1:10-1:55 PM	<u>Flow Yoga</u> w/ Lori		<u>Hatha Yoga</u> w/ Lori		<u>Yolates</u> w/ Tim
2:00-2:15 PM	<u>Guided Meditation</u> w/ Tim	<u>Stretch Break</u> w/ Claire	<u>Guided Meditation</u> w/ Louis	<u>Stretch Break</u> w/ Claire	<u>Guided Meditation</u> w/ Tim
5:10-5:55 PM		<u>The Works</u> w/ Claire		<u>Pump It Up</u> w/ Claire	

Due to limited staff during COVID-19, in some cases we may play a previously recorded class vs having a live instructor. Thank you for understanding.

See our [virtual studio page](#) for:

- [Class descriptions](#)
- [Steps to register video](#)

- [Instructor bios](#)
- [Zoom FAQ's](#)