

METROTOWER GROUP FITNESS SCHEDULE WINTER 2020

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:10-12:00	BOXER-H.I.I.T. <i>Anora</i>	Muscle <i>Lubna</i>	Total Body Circuit <i>Lubna</i>	Flow Yoga <i>Jenni</i>	H.I.I.T. <i>Gajing</i>
12:10-1:00	Yogalates <i>Jenni</i>	Bootcamp <i>Lubna</i>	Yogalates <i>Jenni</i>	Total Body Conditioning <i>Sophia</i>	Zumba <i>Gajing</i>
1:10-2:00	Strong n' Sweaty <i>Anora</i>	Yogalates <i>Kiersten</i>	Zumba <i>Lubna</i>	Pilates <i>Kiersten</i>	Flow Yoga <i>Tim</i>
5:05-5:55	Strength & Conditioning <i>Charlene</i>	Flow yoga <i>Lori</i>	Sweat it up! <i>Charlene</i>	Spin cycle <i>Marika</i>	



Effective Jan 06—Mar Apr 03 2020

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