

Turkey Burn-Off

One to One Thanksgiving Class Schedule

WEDNESDAY 11/25

9:30-10 a.m.	Virtual HIIT	Melissa
12 - 12:30 p.m.	Virtual Yoga Sculpt	Hanna

THURSDAY 11/26

	Virtual	
9:30-10:15 a.m.	Turkey Burn-Off HIIT	Melissa

FRIDAY 11/27

9 - 9:45a.m.	Virtual Power Flow	Katie D.
10 - 10:45 a.m.	Virtual HIIT	Michael

Register online
through MINDBODY



Regular schedule
all other days