



GROUP EXERCISE SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
10:00 AM Yoga Kevin	10:30 AM Yoga Marylou	10:15 AM Human Movement Kevin	10:30 AM Yoga Mind & Body Mary Lou	9:00 AM Yoga Kevin	10:30 AM Yoga Ruth	9:00 AM Cardio Mix-Up Karla
				10:15 AM ZUMBA Adrianna		10:15 AM Human Movement Kevin
	6:30 PM Cardio Kickboxing Sterling	6:30PM Calypsocise Rodney		6:00 PM Cardio Mix-Up Sterling	6:30PM Calypsocise Rodney	

PLEASE NOTE:

Classes will be broadcasted live on our Brooklyn LIVE Facebook page. Virtual classes are now FREE from March 1st to April 30, 2021!

Visit our Virtual Gym Facebook page at:
www.facebook.com/brooklyn.live.355

