

Group Fitness Director: Lisa Censabella - FitlabLisa@Yahoo.com

MONDAY

9:00 - 10:00

9:00 am
Spin & Strength
(Group X Room & Zoom)
~ Melissa

9:30 am
Yogalates
(Group X Room & Zoom)
~ Melissa

5:45 - 6:45

5:45 pm
Cardio Strength
(Group X Room & Zoom)
~ Lisa

6:15 pm
Cardio Boxing
(Group X Room & Zoom)
~ Lisa

TUESDAY

9:00 - 10:00

9:00 am
Cardio Strength
(Group X Room & Zoom)
~ Melissa

9:30 am
Spinning
(Group X Room & Zoom)
~ Melissa

5:45 - 6:45

5:45 pm
Spinning
(Group X Room & Zoom)
~ Eileen

6:15 pm
Cardio Strength
(Group X Room & Zoom)
~ Eileen

WEDNESDAY

9:00 - 10:00

9:00 am
H.I.T.T.
(Group X Room & Zoom)
~ Lisa

9:30 am
Spin & Stregth
(Group X Room & Zoom)
~ Lisa

5:45 - 6:45

5:45 pm
H.I.T.T Training
(Group X Room & Zoom)
~ Melissa

6:15 pm
Stretch & Mobility
(Group X Room & Zoom)
~ Melissa

THURSDAY

9:00 - 10:00

9:00 am
Cardio Strength
(Group X Room & Zoom)
~ Melissa

9:30 am
Spin & Stregth
(Group X Room & Zoom)
~ Melissa

5:45 - 6:45

5:45 pm
Spin & Strength
(Group X Room & Zoom)
~ Melissa

6:15 pm
Cardio Strength
(Group X Room & Zoom)
~ Melissa

FRIDAY

9:00 - 10:00

9:00 am
H.I.T.T.
(Group X Room & Zoom)
~ Lisa

9:30 am
Stretch & Mobility
(Group X Room & Zoom)
~ Lisa

SATURDAY

9:00 - 10:00

9:00 am
Strength Express
(Group X Room & Zoom)
~ Lisa

9:30 am
Cardio Boxing
(Group X Room & Zoom)
~ Lisa

SUNDAY