YOUR REC YOUR WAY

STREAMED ON INSTAGRAM @ISURECS

LIVE FITNESS CLASSES

MONDAY

8:00 AM	BARRE	LEAH
10:00 AM	KICKBOXING	SOPHIE
12:00 PM	STRENGTH	JEREMIAH
3:00 PM	PILATES	JULIA
5:00 PM	ZUMBA	ARACELI

TUESDAY

8:00 AM	YOGA	GABBY
10:00 AM	BARRE	MIRANDA
12:00 PM	CORE	HANNAH
3:00 PM	HIIT	JACOB
5:00 PM	STRENGTH	LIZZIE

WEDNESDAY

8:00 AM	KICKBOXING	TANNA
10:00 AM	YOGA	ABBEY
12:00 PM	HIIT	ASHLEY
3:00 PM	DANCE	EMILY
5:00 PM	BARRE	MADISON

THURSDAY

8:00 AM	STRENGTH	NICAELA
10:00 AM	HIIT	MORGAN
12:00 PM	YOGA	NIKKI
3:00 PM	BARRE	CAM
5:00 PM	PILATES	LAUREN

FRIDAY

8:00 AM	YOGA	MEGAN
10:00 AM	STRENGTH	MALLORY
12:00 PM	BARRE	MARIS
3:00 PM	CORE	HALEY
5:00 PM	HIIT	JEN

SATURDAY

9:00 AM	KICKBOXING	TAYLOR
10:00 AM	PILATES	RACHEL
11:00 AM	YOGA	NICOLE
12:00 PM	BARRE	ALEX

SUNDAY

10:00 AM	VINYIN YOGA	BRENNA
3:00 PM	KICKBOXING	ALISA
5:00 PM	BARRE	KATIE

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