


My **Week of:** *Thanksgiving*

Childcare And Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Childcare</u> 8-noon 4-8	<u>Childcare</u> 8-noon 4-8	<u>Childcare</u> 8 am- noon 4-8	NO CHILDCARE	NO CHILDCARE	NO CHILDCARE	NO CHILDCARE
<u>Class Schedule</u> Kickboxing Power Hour Aqua Aerobics Aqua Arthritic TRX Circuit POUND Stakd Boxing Body By Barbell Shred HIIT	<u>Class Schedule</u> Rise and Grind Bootcamp Cardio Yoga Flow STRONG Stakd Step Booty Work Xpr Spin Rhythms	<u>Class Schedule</u> Cardio HIIT Power Hour TRX Circuit Aqua Aerobics Aqua Arthritic Pound Boxing STRONG45 Body By Barbell	<u>Class Schedule</u> Rise and Grind 	<u>Class Schedule</u> Bootcamp Aqua Aerobics Aqua Arthritic *Strength Xpress 5:00 -5:30 *Shred HIIT Xpress 5:30- 6:00 Yoga Beats	<u>Class Schedule</u> Kickboxing Body By Barbell Spin Rhythms	<u>Class Schedule</u> Cardio HIIT Strength Xpress Shred HIIT Xpress Ab Work Xpress
NO Aqua Zumba	NO Zumba P90X	NO Aqua Zumba PiYo Turbo Kick		NO Turbo Kick Power Hour STRONG45	NO Aqua Zumba STRONG45	

- * All classes listed are being held at their regular time unless otherwise posted.
- * Schedule subject to change- check our fb group wvfitx or visit wvfitness.com for updates