

## Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:25-9:25 AM <b>Pilates</b> Pollyanna ZOOM	8:00-9:00 AM <b>HIIT</b> Taylor ZOOM	8:30-9:30 AM <b>Zumba</b> Eny ZOOM & ELAN	8:00-9:00 AM <b>HIIT</b> Taylor ZOOM	8:30-9:30 AM <b>Zumba</b> Claudia OUTSIDE ELAN	8:30-9:30 AM <b>Tabatta Intervals</b> Nina ZOOM	8:30-9:30 AM <b>Cardio Sculpt</b> Nina ZOOM
8:30-9:15 AM <b>Spin &amp; Sculpt</b> Nicole OUTSIDE ELAN	8:25-9:25 AM <b>Pilates</b> Pollyanna ZOOM	8:35-9:35 AM <b>Cardio Sculpt</b> Nina ZOOM	8:30-9:15 AM <b>Spin &amp; Sculpt</b> Nicole OUTSIDE ELAN	9:00-10:00 AM <b>HIIT</b> Taylor & LaRaye ZOOM & ELAN	9:30-10:30 AM <b>Zumba</b> Eny ZOOM & ELAN	9:30-10:30 AM Yoga to Calm the Mind Linda ZOOM
9:30-10:30 AM <b>Cardio Sculpt</b> LaRaye ZOOM & ELAN	8:30-9:30 AM <b>Zumba</b> Claudia ZOOM & ELAN	9:30-10:30 AM <b>Morning Yoga</b> Enid ZOOM	9:30-10:30 AM <b>Sculpt &amp; Fit</b> Wendy ZOOM & ELAN	10:00-11:00 AM <b>Yoga with Weights</b> Linda ZOOM	<i>Spin Coming Outside</i>	
12:00-12:20 PM <b>20 min Glutes</b> Taylor ZOOM	9:30-10:30 AM <b>Sculpt &amp; Fit</b> Wendy ZOOM & ELAN	12:00-12:20 PM <b>20 min Back &amp; Biceps</b> Taylor ZOOM		12:00-12:20 PM <b>20 min Chest&amp;Triceps</b> Taylor ZOOM	<p style="text-align: center;">Zoom classes available with full access membership!</p> <p style="text-align: center;">\$49 per month for unlimited Zoom classes &amp; Elan YouTube Channel</p> <p style="text-align: center;">\$15 drop-in for non-members</p> <p style="text-align: center;"><i>New classes added weekly!</i></p>	
5:00-5:45 PM <b>Spin &amp; Bands</b> Helen OUTSIDE ELAN	4:00-4:20 PM <b>20 min Abs</b> LaRaye ZOOM		4:00-4:20 PM <b>20 min Legs</b> LaRaye ZOOM			
5:30-6:30 PM <b>Hatha Yoga</b> Mia ZOOM	5:00-5:45 PM <b>Spin &amp; Sculpt</b> LARAYE OUTSIDE ELAN	5:00-5:45 PM <b>Spin &amp; Sculpt</b> Helen OUTSIDE ELAN	5:30-6:30 PM <b>Gentle Yoga</b> Cody ZOOM			
6:30-7:30 PM <b>Zumba</b> Eny ZOOM	5:00-6:00 PM <b>Yoga with Weights</b> Linda ZOOM	5:30-6:30 PM <b>Vinyasa Flow Yoga</b> Mia ZOOM				