

# INTERSESSION FITNESS

## MONDAY

7:00 AM: F45 CARDIO  
12:00 PM: F45 CARDIO  
1:00 PM: CORE & MORE  
5:00 PM: POP PILATES  
5:30 PM: F45 CARDIO  
6:00 PM: BOXING  
7:00 PM: VINYASA FLOW

## TUESDAY

7:00 AM: F45 STRENGTH  
7:00 AM: CYCLE ABS  
12:00 PM: F45 STRENGTH  
1:00 PM: VINYASA FLOW  
5:15 PM: STRONG30  
5:30 PM: F45 STRENGTH  
7:00 PM: ZUMBA

## WEDNESDAY

7:00 AM: F45 CARDIO  
7:00 AM: CYCLE ABS  
12:00 PM: F45 CARDIO  
1:00 PM: CORE & MORE  
4:00 PM HIIT THE TURF  
5:00 PM: MINDFUL YOGA  
5:30 PM: F45 CARDIO

## THURSDAY

7:00 AM: F45 STRENGTH  
7:00 AM: BOXING  
12:00 PM: F45 STRENGTH  
1:00 PM: HIIT  
4:00 PM: BOXING  
5:30 PM: F45 STRENGTH  
6:45 PM: POWER YOGA FLOW

## FRIDAY

7:00 AM: F45 CARDIO  
12:00 PM: F45 CARDIO  
1:00 PM: VINYASA FLOW

## SATURDAY

10:00 AM: HOLLYWOOD  
11:30 AM: HOLLYWOOD  
1:00 PM: ZUMBA

MULTIPURPOSE B

PROGRAM A

ON ZOOM

THE TURF

F45 STUDIO

PROGRAM B

JANUARY 10 - JANUARY 21