



TIH OUTDOOR WELLNESS CLASS SCHEDULE

MONDAY

6:00 - 7:00am	SWIM FIT	blue swim	pool
9:00 - 9:50am	TRX FLEX	david morley	trx frame

TUESDAY

8:00 - 8:50am	BARRE	britni knowles	movement studio
9:30 - 10:45am	IYENGAR YOGA	mychal bryan	movement studio
5:30 - 6:15pm	HIIT CARDIO	pia oyarzun	movement studio
6:30 - 7:30pm	YIN YOGA	jeanne hall	movement studio

WEDNESDAY

6:00 - 7:00am	SWIM FIT	blue swim	pool
9:00 - 9:50am	TRX FLEX	david morley	trx frame

THURSDAY

8:00 - 8:50am	BARRE	britni knowles	movement studio
9:30 - 10:45am	IYENGAR YOGA	mychal bryan	movement studio
5:30 - 6:30pm	ZUMBA <small>begins 10/15/20</small>	pia oyarzun	movement studio

FRIDAY

8:30 - 9:15am	HIIT	pia oyarzun	movement studio
9:30 - 10:30am	VINYASA FLOW	jeanne hall	movement studio

PLEASE NOTE:

You are not required to wear a mask during the workout, however we ask you wear a mask up until the point of exercise and immediately after.