

myFitness Group Fitness Schedule 2025

MON.	TUES.	WED.	THURS.	FRI.
12:10PM Strength	12:10PM Crossfit Circuit	12:10PM Zumba Tone	12:10PM HIIT	12:10PM Get Active
		4:15PM Strength		
4:45PM Pilates	5:00PM CoreFlow	5:05PM Yoga	4:45PM Pilates	
5:30PM Zumba				