|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  | Saturday |
|  |  | 6:30 AM  Tight’n’Tone |  |  |  | 6:30 AM  Tight’n’Tone |  |  |  |  |
| 9 AM  Morning Rise |  |  |  | 9 AM  Morning Rise |  |  |  | 9 AM  Morning Rise |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 2 PM  Stretch & Tone |  |  |  | 2 PM  Stretch & Tone |  |  |  | 2 PM  Stretch & Tone |  |  |
| 5:30 PM  Fit & Tone |  |  |  | 5:30 PM  Fit & Tone |  | 5:30 PM  Fit & Tone |  |  |  |  |
|  |  | 6:30 PM  Fit & Tone |  |  |  |  |  |  |  |  |

**Summer 2021 Schedule**



A picture containing text

Description automatically generated