



SMALL GROUP FITNESS

CLASS SCHEDULE



| | MORNING | EVENING |
|-------|---|---|
| SUN | 8:30am Get Active With Loz | NO CLASSES |
| MON | 9:30am Pilates @ Snap 10:30am Move it Monday | 6:00-7:00pm Pilates @ Ipswich Massage & Herbal Spa |
| TUE | 10:30am Tune Up Tuesdays | 6:00pm Virtual Pilates |
| WED | 10:30am Work It Wednesday | 6:00pm Pilates @ Snap |
| THURS | 10:30pm Thrasher Thursdays | NO CLASSES |
| FRI | 10:30am Freedom Friday | 5:00pm Pilates @ Snap |
| SAT | NO CLASSES | |

