Belle Square Group Exercise

January 4 - January 31

M			**1:15 p.m. Strength & Stability**	**5:00 p.m. H.I.I.T.****
T	**6:00 a.m. H.I.I.T.****	**12:00 p.m. Yoga**** VIRTUAL ONLY	**1:00 p.m. H.I.I.T.**	
W	6:00 a.m. Cycle**		**1:15 p.m. Strength & Stability**	**5:00 p.m. H.I.I.T.****
TH	**6:00 a.m. Recovery Class****		**1:00 p.m. H.I.I.T.**	**5:00 p.m. Yoga****
F	6:00am Cycle	6:30am Core (15minutes)		

Bolded Classes offered virtually
** Classes are 45 minutes in duration otherwise classes are 30 minutes.