

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Jump Around 12:00 Outdoor "Pit" Basketball Courts	Core 12:15p Group Ex Room	Jump Around 2:00 Outdoor "Pit" Basketball Courts	LIT 12:15	Mindful Movement 12:15 Group Ex Room	
Pilates 1:30p Outdoor "Pit" Basketball Courts	HIIT 3:15 Outdoor "Pit" Basketball Courts	Virtual HIIT 3:30 Virtual – info to come			Spin 3:00 Group Ex Room
Core/LIT 3:30 Virtual – info to come	Zumba 5:15 Outdoor "Pit" Basketball Courts	Thrive 5:15 Group Ex Room	HIIT 5:15 Outdoor "Pit" Basketball Courts		
			Spin 7:00 Group Ex Room		

Link for Monday Virtual Class: <https://messiah.zoom.us/j/94756218596> passcode: CORE!

Link for Wednesday Virtual Class: <https://messiah.zoom.us/j/94923070270> passcode: HIIT!