



**April 2021**  
Downtown Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a - 8:00a REDZONE	7:00a - 8:00a REDZONE	5:00p - 6:00p REDZONE	7:00a - 8:00a REDZONE		9:00a - 10:00a REDZONE
8:00a - 9:00a REDZONE	8:00a - 9:00a REDZONE	9:15a - 10:15 WARRIOR FLOW	8:00a - 9:00a REDZONE		
5:00p - 6:00p REDZONE	9:15a - 10:15 WARRIOR FLOW	10:15a - 11:00a DEEP STRETCH YOGA			
	10:15a - 11:00a DEEP STRETCH YOGA				