

DELTA FITNESS

GROUP CLASS SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
5³⁰am		Group Power LINDY		Group Power LINDY		Cycle LINDY	
8³⁰am							Step/Core KASONDRA
9⁰⁰am		Yoga CYNTHIA	Strength Intervals LARA	Yoga MICHAEL	Cycle JENNIFER S.	Yoga MICHAEL	
9³⁰am	Yoga CYNTHIA						
10¹⁵am			Pilates Fusion JENNIFER H.		Pilates Fusion JENNIFER H.		
11³⁰am			 SilverSneakers JENNIFER H.		 SilverSneakers JENNIFER H.		
5³⁰pm		Cycle & Sculpt KRISTIN	TurnUp DANCE FITNESS KEIKI	Yoga SONA	Just Dance KASONDRA		