



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 | Group Power CANDACE | Yoga MICHAEL | Cycle JENNIFER S. | Yoga MICHAEL | |
| 9³⁰am | Yoga CYNTHIA | | | | | | |
| 9⁴⁵am | | | | | | | Strength Intervals LARA |
| 10¹⁵am | | | Pilates Fusion JENNIFER H. | | Pilates Fusion JENNIFER H. | Group Power CANDACE | |
| 11³⁰am | | |  JENNIFER H. | |  JENNIFER H. | | |
| 5³⁰pm | | Cycle & Sculpt KRISTIN | TurnUp DANCE FITNESS KEIKI | Yoga SONA | Just Dance KASONDRA | Cardio Kick KASONDRA | |