

TSC Virtual Schedule Effective 08/10/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45-6:15am Step & Cardio Nicole			5:45am Cardio-Strength Nicole (Hi-Low Impact)		
6:00am Band Strength Marta/Nicole	6:15-6:45am Upper Body Strength Nicole	6:00am Pilates Fusion Marta	6:00AM Strength Jody			
			7:15am Step and Muscle Karen		8:05am Cardio-Strength Karen D. (Low Impact)	9:00-9:55AM Strength Jody
	8:30am Barre Strength Rachel	9:00-9:30am Cardio Express Andrea	8:30am Pilates Judy	9:00am Strength Andrea	9:05-9:50am KickBoxing Nicole	10:05am BARRE-Strength Amber
		9:30-10:00am Core Andrea		10:00-10:30am Core Andrea	10:00am Strength Andrea	11:05am YOGA* Amber
4:30pm YOGA* Jessica		4:30pm YOGA* Jessica	4:30pm Strength Michelle			
			5:35pm ZUMBA Michelle This class will not be virtual outside only weather permitting			
5:30pm Strength Jody	5:30pm Cardio/Strength Karen D. (Low Impact)	5:30-6:25pm KickBoxing W/Core Nicole			*OUTDOOR CLASSES WEATHER PERMITTING CHECK FB OR CALL FOR UPDATES	
				Schedule Effective 08/10/20	Schedule is always subject to change.	Classes not specified are 55 min in length.