

Thursday "July 4th" 2019

Class Schedule and Facility Hours

4th of July at SKY FITNESS

Time	Class	Studio	Instructor
8:00am	MoveStrong	MoveStrong	Jordan
8:30am	Tabata Cardio & Strength	Studio 1	Brenda
9:00am	Sky Yoga Level 1-2	Agni Studio	Laura
9:30am	Sunrise Yoga	Avani Studio	Olga
9:45am	Pilates Plus	Studio 1	Concetta

Club Hours: 7:00am-3:00pm
Kidz In Motion Hours: 7:45am-11:45am

We have a great day planned for you to start your holiday with spirit and strength!

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