

Sky Fitness

Virtual Class Schedule

MONDAYS

5:30-6:30AM TABATA CARDIO & ABS WITH BRENDA
(MEETING ID: 935 2264 6372)

11:15AM-12:00PM MAT PILATES WITH JANINE
(MEETING ID: 946 5484 0067)

TUESDAYS

8:15-9:15AM TABATA STRENGTH & ABS WITH BRENDA
(MEETING ID: 972 5469 2227)

9:30-10:30AM BARRE CORE WITH YELENA
(MEETING ID: 912 4863 7706)

WEDNESDAYS

9:30-10:30AM WERQ WITH JANE
(MEETING ID: 984 5479 3558)

5:30-6:30PM TABATA CARDIO & ABS WITH BRENDA
(MEETING ID 990 0498 6439)

THURSDAYS

5:30-6:30AM HIIT & ABS WITH LISA
(MEETING ID: 939 0357 1460)

5:30-6:30PM SKY YOGA LEVEL 1-2 WITH KATERINA
(MEETING ID: 966 9967 5493)

FRIDAYS

7:30-8:45AM SKY YOGA LEVEL 1 WITH OLGA
(MEETING ID: 945 0049 5798)

9:30-10:30AM STRENGTH, BALANCE, &
FLEXIBILITY WITH JANE
(MEETING ID: 919 7893 2049)

SATURDAYS

8:30-9:30AM TABATA STRENGTH & ABS WITH BRENDA
(MEETING ID: 981 9847 1625)

10:30-11:30AM YIN YOGA ALL LEVELS WITH NATASHA
(MEETING ID: 993 2438 0109)

SUNDAYS

9:30-10:30AM ZUMBA WITH LUBA
(MEETING ID: 945 4779 7968)

10:30-11:30AM GENTLE SKY YOGA WITH MARY
(MEETING ID: 957 4993 0405)

