

Sky Fitness

Virtual Class Schedule

Begins January 4th

MONDAYS

8:30-9:30AM TABATA & 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 & ABS WITH BRENDA

(MEETING ID: 972 5469 2227)

9:30-10:30AM BARRE CORE WITH YELENA

(MEETING ID: 912 4863 7706)

5:30-6:30PM SKY YOGA ALL LEVELS WITH TABATHA

(MEETING ID: 962 4199 8353)

WEDNESDAYS

9:30-10:30AM WERQ WITH JANE

(MEETING ID: 984 5479 3558)

5:30-6:30PM TABATA & ABS WITH BRENDA

(MEETING ID: 990 0498 6439)

THURSDAYS

9:30-10:30AM SKY YOGA LEVEL 1 WITH LAURA

(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 HIIT(30 MIN. CARDIO)&(30 MIN.CORE)

WITH LISA(MEETING ID: 981 9847 1625)

10:30-11:30AM YIN YOGA ALL LEVELS WITH NATASHA

(MEETING ID: 993 2438 0109)

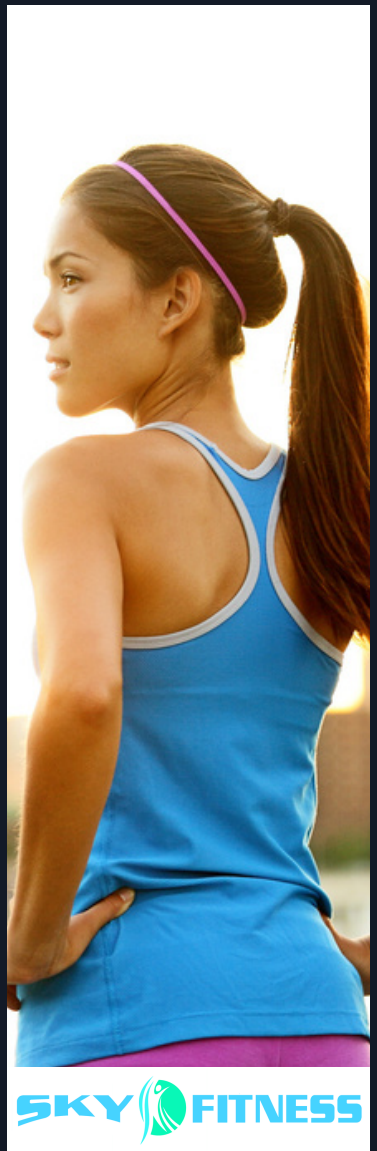
SUNDAYS

9:15-10:15AM ZUMBA WITH LUBA

(MEETING ID: 945 4779 7968)

10:30-11:30AM GENTLE SKY YOGA WITH MARY

(MEETING ID: 957 4993 0405)



SKY FITNESS

Feel free to e-mail Melissa
to be added to our
Zoom Virtual Sky Fitness list

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