

Sky Fitness

Virtual Class Schedule

Begins January 4th

MONDAYS

8:30-9:30AM TABATA & ABS WITH BRENDA
11:15AM-12:00PM MAT PILATES WITH JANINE

TUESDAYS

8:15-9:15AM TABATA & ABS WITH BRENDA
9:30-10:30AM BARRE CORE WITH YELENA
5:30-6:30PM SKY YOGA ALL LEVELS WITH TABATHA

WEDNESDAYS

9:30-10:30AM WERQ WITH JANE
5:30-6:30PM TABATA & ABS WITH BRENDA

THURSDAYS

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

FRIDAYS

7:30-8:45AM SKY YOGA LEVEL 1 WITH OLGA
9:30-10:30AM STRENGTH, BALANCE, & FLEXIBILITY
WITH JANE

SATURDAYS

8:30-9:30AM HIIT(30 MIN. CARDIO) & CORE WITH LISA
10:30-11:30AM YIN YOGA ALL LEVELS WITH NATASHA

SUNDAYS

9:30-10:30AM ZUMBA WITH LUBA
10:30-11:30AM GENTLE SKY YOGA WITH MARY



SKY  **FITNESS**

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