



# VIRTUAL GROUP FITNESS SCHEDULE

Live Streamed Classes

Schedule Effective: Jan 11, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am - 10:15am BOOT CAMP <i>Martine</i>	10:00am - 11:00am TENNIS TALK  <i>Ken</i>	9:30am - 10:20am PILATES MAT <i>Sophia</i>	9:30am - 10:20am YOGA  <i>Marjean</i>	9:30am - 10:15am FUNCTIONAL CORE STRETCH <i>Martine</i>		
1:00pm - 1:55pm HATHA YOGA <i>Connor</i>		1:00pm - 1:55pm HATHA YOGA <i>Connor</i>		2:00pm - 2:55pm HATHA YOGA <i>Connor</i>		
	6:00pm - 6:50pm ZUMBA  <i>Venessa</i>					

Mayfair Clubs reserves to right to revise this schedule without prior notice.

Notice of Class Cancellations will be posted online.

Class registration and check-in are required for all classes.

Class check-in can be done via the Mayfair Clubs app.

Mayfair Group Fitness Coordinator - Al Greene | [agreene@mayfairclubs.com](mailto:agreene@mayfairclubs.com)