


GROUP FITNESS

Summer Schedule

JUNE 6TH - JULY 1ST


TUESDAY

REMEDIAL YIN YOGA



TENZING
8:00 AM

HIIT 30



CARE
4:00 PM

WEDNESDAY

LUCYCLE




MEREYA
6:00 PM

LUCYCLE ONLY TAKES
PLACE 6/6 & 6/15


THURSDAY

FLOW INTO STRONG YOGA



TENZING
8:00 AM

TBC 30



CARE
4:00 PM

KEY

LUCYCLE STUDIO	HRC 2
-------------------	-------

FOLLOW OUR INSTAGRAM: @LUC_GFIT

ALL CLASSES TAKE PLACE ON THE UPPER LEVEL OF HALAS