



Effective 3.30.20

CG Group Exercise Facebook Live						
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
8:30am	HITT Squad w/ Theresa	Total Body Strength w/ Angel	Cardio/Core Blast w/ Theresa	Fight Club W / Angel	PiYO w/ Kristy	
9:30am		Mixed Level Yoga w/Penny		Mixed Level Yoga w/Penny		'Kickin it'Hardcore w/ Julie
10:30am		Seated Chair w/ Brandy		Seated Chair w/ Brandy		
5:30pm	Fight Club W / Angel	PiYO w / Kristy	Da Groove w/ Julie	Total Body Strength w/ Angel		

If you can't meet the class on time, when it is finished, it will be saved as a regular FB post you can do on your own.

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Daily Instagram Workouts From Your Fitness Team						
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Posted 8am	HIIT	Strength & Conditioning	HIIT	Strength & Conditioning	HIIT	Foam Rolling

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