

# Thanksgiving Hours

## Thursday 11/23/23

Center Hours: 5:00am – 1:00pm

### **Land Group Exercise Classes:**

HIIT and Hustle – 6:00am-6:30am – Lindsay – Studio A

Full Body Strength and Sculpt – 6:40am-7:30am – Lindsay – Studio A

**Pop UP** -Les Mills Bodyflow – 8:00am-8:50am – Sarah – Studio B

Cycling Blast – 9:00am-9:50am – Vicky – Studio C

### **Aquatic Group Exercise Classes:**

Deep Water Tabata – 8:00am-8:45am – Sharon