

Monday	Tuesday		Wednesday	Thursday
Pilates Mary W. 12:05 pm SuRF Center Tennis Court	Yoga Sarah 12:05 pm Virtual via Teams https://tinyurl.com/YogaSpring23		Pilates Mary W. 12:05 pm SuRF Center Tennis Court	Yoga Sarah 12:05 pm Virtual via Teams https://tinyurl.com/YogaSpring23
	Boxing Kyle 4:30 pm SuRF Fitness Area			
	TRX Total Body Mason 5:00 pm SuRF Fitness Area		P90X Andrea 6:00 pm SuRF Center Tennis Court	TRX Total Body Mason 5:00 pm SuRF Fitness Area
Yoga Colleen 6:00 pm Siena Terzo Lounge	Zumba Ivonne 6:00 pm SuRF Center Tennis Court	Taekwondo w/Master Kyle 6:00 pm SuRF Center Tennis Court	Pilates Mary W. 6:30 pm Instagram @BellarmineSurf	
Butts & Guts Mary D. 7:00 pm SuRF Center Tennis Court			Butts & Guts Mary D. 7:00 pm SuRF Center Tennis Court	