

ELLE FIT DANCE AND FITNESS SUMMER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Minute ELLE FIT Spin 🔗🔗🔗 6:30-7:00am Christina Rios					ELLE FIT Body Transformation 7:30-8:15am Christina Rios	Open Gym 8 am to 12PM
LIVESTREAM ON ZOOM HIIT 9:30-10:00 AM Christina Rios		LIVESTREAM ON ZOOM Core & Booty Pilates 9:30-10:00 AM Christina Rios			BOLLY X FITNESS 9 am-10 am Komal Kedia 🔗🔗🔗	Sunday Yoga Refresh Last Sunday of every month at 11 am With LIZ
	CURVY and FIT 12:30-1:15 pm Christina Rios		CURVY and FIT 12:30-1:15 pm Christina Rios	TABATA Studio & Zoom 12:30-1:00pm Christina Rios	WOMEN LIFT WEIGHTS on Zoom 10 am-10:30 am Christina Rios	
HIP POP FITNESS with Deanna every other Monday Vixen Workout with Tasha every other Monday 6:30-7:30PM		TABATA WORKOUT 6:30 pm-7:00pm Christina Rios	BOSS CHICK Dance Workout with TOYA 6:30-7:30 pm	YOGA GROOVE with Deanna 6:30-7:30 pm		

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