

# LIVE + OUTDOOR SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
7:00A - 7:45A <b>TOTAL BODY</b> P Vanessa	7:00A - 7:45A <b>SHRED</b> P Vanessa	7:00A - 8:00A <b>TOTAL BODY</b> (Z) Stacy		7:00A - 7:45A <b>HIIT</b> P Jess	8:00A - 9:00A <b>ZUMBA</b> (Z) Yeye	8:00A - 9:00A <b>ZUMBA</b> (Z) Angelica
8:00A - 8:45A <b>ZUMBA</b> P Yeye	8:15A - 9:00A <b>LOW IMPACT TOTAL BODY</b> P Vanessa	8:15A - 9:00A <b>ZUMBA</b> P Yeye	8:00A - 8:45A <b>ZUMBA</b> P Stacy	8:30A - 9:15A <b>*BARRE</b> P Jess	8:30A - 9:15A <b>TOTAL BODY</b> P Jamie	
9:30A - 10:30A <b>POWER HIIT</b> (Z) Stacy	9:30A - 10:15A <b>CARDIO BOX</b> P Stacy	9:30A - 10:30A <b>FITBARRE</b> (Z) Cecilia	9:45A - 10:30A <b>HIIT</b> P Cecilia	9:30A - 10:30A <b>CARDIO BLAST</b> (Z) Cecilia	9:30 - 10:15A <b>FITBARRE</b> P Cecilia	10:00A - 11:00A <b>YOGA</b> (Z) Judy
	10:30A - 11:30A <b>BARRE</b> (Z) Stacy		10:00A - 11:00A <b>SCULPT</b> (Z) Jess		10:30 - 11:15A <b>*CARDIO HIIT</b> P Cecilia	10:00A - 10:45A <b>TOTAL BODY</b> P Vanessa
	11:30A - 12:30P <b>YOGA FLOW</b> (Z) Denise	12:00P - 1:00P <b>SCULPT</b> (Z) Jess	10:45A - 11:30A <b>FITBARRE</b> P Cecilia	11:00A - 12:00P <b>ZUMBA</b> (Z) Angelica	10:30 - 11:30A <b>SCULPT</b> (Z) Jess	12:00P - 1:00P <b>CORE SCULPT</b> (Z) Jamie
5:30P - 6:30P <b>UPPER CUTS + ABS</b> (Z) Cecilia	5:30P - 6:15P <b>HIIT</b> P Cecilia	5:30P - 6:30P <b>TKO</b> (Z) Cecilia	5:30P - 6:30P <b>SHRED</b> P Robbie			
6:00P - 6:45P <b>YOGA</b> P Liz	5:30P - 6:15P <b>SCULPT</b> (Z) Jess	5:30P - 6:15P <b>TOTAL BODY</b> P Vanessa		5:30P - 6:15P <b>SLOW BURN</b> P Jamie		
6:15P - 7:00P <b>BARRE</b> P Stacy	6:30P - 7:15P <b>CHISEL</b> P Cecilia	6:45P - 7:30P <b>HIIT</b> P Vanessa	6:45P - 7:15P <b>CARDIO KICKBOX</b> P Cecilia	6:30P - 7:30P <b>GENTLE YOGA</b> (Z) Liz		
7:00P - 8:00P <b>BOOTY BLAST</b> (Z) Cecilia		7:00P - 8:00P <b>CORE</b> (Z) Cecilia	7:30P - 8:15P <b>ZUMBA</b> P Yeye			
7:15P - 8:00P <b>CARDIO DANCE</b> P Stacy	7:30P - 8:15P <b>ZUMBA</b> P Angelica					

(Z) ZOOM LIVE

P HF PARKING LOT

(H) MAMARONECK HARBOR

**\*HF LOT + HF HARBOR:** reservation required | max 10 participants

Bring your own mat, towel, water, mask, hand sanitizer; must maintain social distance from each other  
Reserve class through iclub online | non-members \$20/class

**ZOOM LIVE CLASSES:** info sent to all members on virtual plan

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