

# Fitness Class Schedule

Spring 2024  
April - June 14th



	<i>Days of Week</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Class times</i>						
6:15am						
7:15am		Misfit the Beast Water HIIT	Misfit the Beast Water HIT	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT
8:15am		Misfit the Beast Water HIIT  Focused Flexibility	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT  Focused Flexibility	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT
9:30am		Aqua Healing  Aqua Jogging	Aqua Interval Training	Aqua Healing  Aqua Jogging	Aqua Interval Training	
10:15am		Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	
11:00am		River Walk Workout	River Walk Workout	River Walk Workout	River Walk Workout	
6:00pm		Misfit the Beast Land "gym"		Misfit the Beast Land "gym"		

## Special Events

Sunset Yoga is back!

June 14th 8:15pm

July 12th 8:15pm

August 9th 7:45pm

Summer Challenge TBD

Misfit Land Classes are  
**Pre-Register ONLY!**

More  
information on  
the back.