



201-626-3161

Virtual Class Schedule

Effective Date: 11/21/2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Power Yoga 7:00- 8:00 AM Lara		Yoga 7:00- 8:00 AM Lara		
						Boot Camp 9:30 -10:30 AM Veronica
						BollyX 10:30 -11:30 PM Meredith
Yoga 12:00 -1:00 PM Tomas						Vinyasa Yoga 12:00 -1:00 PM Luis
	BollyX 6:30 - 7:30 PM Arun	Pilates 6:30 - 7:30 PM Rhonda	Pilates 6:30 - 7:30 PM Rhonda	BollyX 6:30 - 7:30 PM Henna		
	Zumba 7:30 - 8:30 PM Raquel	Boot Camp 7:30 - 8:30 PM Veronica	Zumba 7:30 - 8:30 PM Josephine			

Sign up for Classes at <https://www.nfcfitnesslivenewport.com>