

LIVE VIRTUAL CLASS SCHEDULE

MONDAY 3/30

BTS 9:00 AM
45mins w/Jill of West Brookfield

Pilates Mat 6:00 PM
45mins w/Melissa of West Brookfield

TUESDAY 3/31

FitKids Yoga 9:00 AM
30mins w/Alex of Brookfield

100 Rep Challenge 6:00 PM
60mins w/Amy & Angie of North Shore

WEDNESDAY 4/1

CS60 9:00 AM
60mins w/Jen of Brookfield

Full Body Strength 6:00 PM
45mins w/Craig of River Glen

THURSDAY 4/2

All Levels Vinyasa Yoga 9:00 AM
60mins w/Jenny of Brookfield

Boxing Bootcamp 5:30 PM
60mins w/Amy & Alex of North Shore

FRIDAY 4/3

Tabata HIIT 10:00 AM
45mins w/Amy & Alex of North Shore

SATURDAY 4/4

CS60 9:15 AM
60mins w/Corley of River Glen

JOIN US LIVE AT
[FACEBOOK.COM/ELITESPORTSCLUBS](https://www.facebook.com/elitesportsclubs)

Some classes will use playlists available on Spotify. Visit [eliteclubs.com/playlist](https://www.eliteclubs.com/playlist)

SUNDAY 4/5

All Levels Vinyasa Yoga 9:00 AM
60mins w/Jenny of Brookfield