

LIVE VIRTUAL CLASS SCHEDULE

MONDAY 4/13

Cardio BTS 5:30 PM
45mins w/Melissa of West Brookfield

TUESDAY 4/14

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

100 Reps Challenge 4:00 PM
60mins w/Amy of North Shore

WEDNESDAY 4/15

HIIT with Weights 9:00 AM
60mins w/Melissa of River Glen

CS60 4:00 PM
60mins w/Jen of Brookfield

THURSDAY 4/16

Senior Strength 7:45 AM
30mins w/Craig of River Glen

Boxing Bootcamp 4:00 PM
60mins w/Amy & Alex of North Shore

FRIDAY 4/17

Total Body Intervals 9:00 AM
45mins w/Jedotta of Mequon

SATURDAY 4/18

CS60 9:00 AM
60mins w/Luke of Mequon

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[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 4/19

HIIT 9:00 AM
45mins w/Craig of River Glen