

LIVE VIRTUAL CLASS SCHEDULE

MONDAY 4/20

Power Yoga Flow 9:15 AM
60mins w/Kirsten of Mequon

Barre Basics 4:00 PM
45mins w/Jedotta of Mequon

TUESDAY 4/21

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

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

WEDNESDAY 4/22

Cardio, Strength & Core 9:00 AM
45mins w/Jill of West Brookfield

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

THURSDAY 4/23

Progressive Strength 9:00 AM
60mins w/Melissa of River Glen

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

FRIDAY 4/24

Boot Camp 9:00 AM
30mins w/Taylor of Brookfield

SATURDAY 4/25

CS60 9:00 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 4/26

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