

LIVE VIRTUAL CLASS SCHEDULE

MONDAY 4/27

Rise & Shine, Rockstar Yoga 9:00 AM
60mins w/Kirsten of Mequon

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

TUESDAY 4/28

Pilates Fusion 9:00 AM
45mins w/Jedotta of Mequon

Burn & Firm 4:00 PM
60mins w/Amy of North Shore

WEDNESDAY 4/29

Barre Basics 9:00 AM
45mins w/Jen of Brookfield

Trek & Train 4:00 PM
45mins w/Jason of Mequon

THURSDAY 4/30

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

Soccer Ball HIIT 4:00 PM
60mins w/Amy of North Shore

FRIDAY 5/1

Yoga Level 1-2 9:00 AM
60mins w/Jenny of Brookfield

SATURDAY 5/2

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 5/3

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