

LIVE VIRTUAL CLASS SCHEDULE

MONDAY 4/6

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

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

TUESDAY 4/7

Barre 9:00 AM
45mins w/Jedotta of Mequon

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

WEDNESDAY 4/8

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

Yoga 1-2 4:00 PM
60mins w/Jenny of Brookfield

THURSDAY 4/9

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

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

FRIDAY 4/10

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

SATURDAY 4/11

CS60 9:00 AM
60mins w/Corley of River Glen

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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 4/12

Senior Strength (chair) 9:00 AM
60mins w/Craig of River Glen