

# LIVE VIRTUAL CLASS SCHEDULE

## MONDAY 5/11

**Vinyasa Power Flow** 9:00 AM  
60mins w/Kirsten of Mequon

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

## TUESDAY 5/12

**CS60 - New Routine!** 9:00 AM  
60mins w/Jen of Brookfield

**Cardio Kickboxing** 4:00 PM  
60mins w/Amy of North Shore

## WEDNESDAY 5/13

**Wacky Wednesday  
Strength & Cardio Mix** 9:00 AM  
60mins w/Melissa of River Glen

**Cardio BTS** 4:00 PM  
45mins w/Melissa of West Brookfield

## THURSDAY 5/14

**Legs, Glutes & Core** 9:00 AM  
45mins w/Jill of West Brookfield

**Partner Boot Camp** 4:00 PM  
45mins w/Alex & Taylor of Brookfield

## FRIDAY 5/15

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

## SATURDAY 5/16

**Core Strong** 9:00 AM  
30mins 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 5/17

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