

LIVE VIRTUAL CLASS SCHEDULE

MONDAY 5/25

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

TUESDAY 5/26

Cardio & Strength 9:00 AM
30mins w/Jill of West Brookfield

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

WEDNESDAY 5/27

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

Bodyweight Boot Camp 4:00 PM
30mins w/Taylor of Brookfield

THURSDAY 5/28

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

Barre Basics 4:00 PM
45mins w/Jen of Brookfield

FRIDAY 5/29

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

SATURDAY 5/30

Partner Boot Camp 9:00 AM
45mins w/Alex & Taylor of Brookfield

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 5/31

Cardio & Balance 9:00 AM
45mins w/Craig of River Glen