

LIVE VIRTUAL CLASS SCHEDULE

MONDAY 5/4

Tai Chi 9:00 AM
45mins w/Collin of West Brookfield

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

TUESDAY 5/5

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

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

WEDNESDAY 5/6

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

BTS w/Cardio Bursts 4:00 PM
45mins w/Jill of West Brookfield

THURSDAY 5/7

TBT 70's Strength 9:00 AM
60mins w/Melissa of River Glen

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

FRIDAY 5/8

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

SATURDAY 5/9

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

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 5/10

Household Objects Workout 9:00 AM
45mins w/Craig of River Glen