



Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
			1 8:30am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 10:15am-Yoga Class-20/35 min	2 6:15am-Spin Class-35 min 7am-HIIT Class-20/35 min 8:15am-Open Studio 9:15am-Silver & Fit-50 min	3	4
5	6 7:15am-Yoga Class-20/35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min	7	8 **NO WELLBEATS CLASSES**	9 6:15am-Spin Class-35 min 7am-HIIT Class-20/35 min 8:15am-Open Studio 9:15am-Silver & Fit-50 min	10	11
12	13 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min	14	15 8:30am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 10:15am-Yoga Class-20/35 min	16 8:15am-Open Studio 9:15am-Silver & Fit-50 min	17	18
19	20 7:15am-Yoga Class-20/35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min	21	22 8:30am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 10:15am-Yoga Class-20/35 min	23 6:15am-Spin Class-35 min 7am-HIIT Class-20/35 min 8:15am-Open Studio 9:15am-Silver & Fit-50 min	24	25
26	27 7:15am-Yoga Class-20/35 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min	28	29 8:30am-Silver & Fit-35 min 9:15am-Silver & Fit-50 min 10:15am-Yoga Class-20/35 min	30		

- Participants must sign in prior to the class start time
- Face coverings are not required, but encouraged

QUESTIONS? Contact wellnesscenter@WeliaHealth.org