

# Friday Night Pop Up Class Schedule:

On FRIDAY NIGHTS at 5:30pm our instructors are hosting “Pop Up” classes. Classes are styles that they teach often and have a free Friday night to dedicate to fitness, **OR** classes are new formats they would like to try and see if there is interest for a regular class to put on the schedule in the future.

**ALL FITNESS LEVELS ARE WELCOME**  
to “Pop In” and try out these classes!

**3/3– PiYo with Liz**

**3/10– Barre with Liz**

**3/17– HIIT with Sunshine**

**3/24– Vinyasa Yoga with Maureen**

**3/31– Salsa with Marta**

**4/7– Yoga with Weights with Roo**

**4/14– Yin + Yoga Nidra with Diane**

**4/21– Mobility with Liz**

Schedule will be updated with more classes soon!

