

BEGINNER GROUP EXERCISE CLASSES

courtsplus.org/group-exercise

Monday

Beginner Cycle 5:30pm (Cycling Studio)

Tuesday

Intro To Yoga 4:30pm (Studio B)

Beginner TRX 5:30pm (Studio B)

Beginner XaBeat 7:45pm (Studio B)

Saturday

Beginner BodyPump 9:00am(Studio B)

Sunday

Intro To Yoga 9:00am (Studio B)

