Beginner Schedule Thursdays 5:30AM

October 27th
Beginner RPM
November 3rd
Beginner Pilates/Yoga
November 10th
Beginner Tabata Toning
November 17th
Beginner BodyBalance



For more information:
Jamie Smith
jsmith@courtsplus.org

CourtsPlus.org · 701.237.4805

Connect With Us:



