

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15-8:00am				Total Body Bootcamp Siiri			
8:15-9:00am	Complete Mix Siiri	Spin Strong45 Marjorie	HIIT The TURF Michelle	Spin Strong45 Niki	HIIT The TURF Gisele	Heavy HIIT Erika	
9:15-10:15am	STRONG Nation Siiri	Total Body Bootcamp Gisele	Zumba Toning- Martha V	Step & Strength Karen	Lift Gisele	Zumba Martha O	Spin Strong60 Gina
10:30-11:30am	Simplified Step Judi	Barre Fitness Robin	Hatha Yoga Alicia	Tabata Blast Judi	Yoga Renew Kelly	Complete Mix Marjorie	Step It Up Sari
11:45-12:45pm	Hatha Yoga Alicia	Easy Variations Judi		Fusion Judi	Core & Deep Stretch Michelle		Therapeutic Yoga Joanna
5:30-6:30pm	Total Body Blast Marie	Zumba Martha V	Heavy HIIT Sari/Carmaine	Complete Mix Gina	<b>6:00-7:00pm</b> Zumba Martha O		
6:45-7:45pm	Yin/Yang Yoga Kelly	Journey To Your Toes Shelley	Core & Deep Stretch Jan	Balls, Bars and Bands Carmaine	<b>PLEASE NOTE SPIN STRONG CLASSES WILL NOT START UNTIL THE WEEK OF NOVEMBER 9th 2020</b>		

## Big Sky Silver Springs Group Fitness Schedule

November 2020

To register for classes please use your BIG SKY APP

**YELLOW CLASSES ARE NEW TO THE SCHEDULE**