



Monday W/BRANDON

6:00PM - 6:45pm

Tuesda

12:00PM - 12:45pm

Wednesday

6:00PM - 6:45pm

Thursday

12:00PM - 12:45pm

Mondays & Fridays 8:00AM - 8:45AM

W/JACOB

zoom

Must Pre-Register Scan QR Code





All workouts will be done on the **ZOOM APP**