

updated 10/14 **TriFitness** **Beth** (715) 850-1216 trifitness2004@gmail.com

Location	Temp/TriFitness	Tri-Fitness	Temp/TriFitness	TriFitness	Temp/TriFitness
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM - 6:45AM	YOGA	YOGA	YOGA	YOGA	YOGA
6:45AM - 7:25AM	STEP	BUTTS/GUTTS	STEP	BUTTS/GUTTS	STEP
7:30AM - 8:15AM	CONDITIONING	S SNEAKERS	CONDITIONING	S SNEAKERS	CONDITIONING
8:30AM - 9:00AM	YOGA	CHAIR YOGA	YOGA	CHAIR YOGA	YOGA
9:15AM -10:00AM	S SNEAKERS	LINE DANCING	S SNEAKERS	LINE DANCING	S SNEAKERS
WINTER-MAY Locations TBD			OFF SITE SUMMER - Lakewood Pavillion		
<i>MWF YOGA will change to PICKLE BALL May 20, 2024 unless raining</i>					

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