

ELLE FIT DANCE AND FITNESS SPRING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<p style="text-align: center;">ELLE FIT Body Transformation 7:30-8:15 am Christina Rios</p>	
						<p style="text-align: center;"><u>Meditation with Pournima</u> 10:30 am-11:15 <u>In person & on Zoom</u></p>
	<p style="text-align: center;">CURVY and FIT 12:30-1:15 pm Christina Rios</p>	<p style="text-align: center;">TABATA 12:30- 1:00 pm Christina Rios</p>	<p style="text-align: center;">CURVY and FIT 12:30-1:15 pm Christina Rios</p>	<p style="text-align: center;">TABATA On Zoom 12:30-1:00pm Christina Rios</p>	<p style="text-align: center;">WOMEN LIFT WEIGHTS on Zoom 10 am-10:30 am Christina Rios</p>	
<p style="text-align: center;">YOGA GROOVE With Deanna 6:30-7:30PM</p>	<p style="text-align: center;">Vixen Workout with Tasha 6:30-7:30 pm In person & on Zoom</p>	<p style="text-align: center;">Strong By Zumba 6:30 pm- 7pm With Misha Mehta</p>	<p style="text-align: center;">BOSS CHICK Dance Workout with TOYA 6:30-7:30 pm</p>	<p style="text-align: center;">Open Gym 4 -8 PM</p>		

