SouthFit Group Fitness schedule: Spring 2025, Jan 13-May 2

Cardio	Strength, Balance	Cardio, Strength	Mind Body, Flexibility

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
:, V: a S, F R, Sc l, CS S *Ma J*		:, V: a F c i all Fi FTA *Ma J*		:, V:, a Pilates S *M*	:, V:, a Yoga S *R a*
: a V: , S, i i g R CS *Sa a*	: a V: , Pilates S *J*	: a V: , Cardio Sc l, S *Sa a*	: a V: , E, e La e CS *J*	: V: , Yoga S *Ma*	: V: a, Shall a e, ae, bic P *J*
: V: , B d Sc l, S *J*	: V: , F c i all Fi FTA *Sa a*	: V: , Yoga S *L a*	: V: , Yoga S *C*	: V: , Ba eSc l,	Th Ti ga S V, TJ .