



Spring 2024 Class Schedule

Starts on Monday April 8, 2024.

Mon	Tues	Wed	Thurs	Fri	Sat
Start Your Week with Joy 7:00am - 7:15am Linzi	Feel Good Mobility 7:30am - 8:00am Christine			Strong Bop 7:00am - 7:30am Tess	Strong Bodies 9:00am - 9:45am Christine
Balance Booster 8:15am - 8:30am CC	On Demand Lunch Club		On Demand Lunch Club	Calm Bodies 9:30am - 9:45am Courtney	Time For You 9:45am - 10:15am Courtney
Breathe It Out 12:15pm - 12:30pm Linzi		Sassy Strong 12:15pm - 12:30pm Courtney		CORE Strength 12:15pm - 12:30pm Courtney	Dance It Out 12:15pm - 12:30pm Courtney
MissFits Workout 2:00pm - 3:00pm Becky			Burlesque 1:00pm - 2:00pm Hildy		
CORE Strength 6:00pm - 6:30pm Christie		On Demand Evening Club			Sun
Calm Bodies 7:00pm - 7:45pm Courtney	*Special Events* 6:00pm - 7:00pm <i>See schedule on Momence</i>	Loyobo Coaching 6:30pm - 7:30pm Courtney	Strong Yoga 6:00pm - 7:00pm Linzi	Journaling Club Bi-weekly 6:00 - 6:30pm Linzi	Calm Bodies 9:00am - 10:00am Linzi
	Dance It Out 7:30pm - 8:15pm Courtney	Chair Strong 7:30pm - 8:00pm Melissa	Tone & Flex 7:10pm - 7:55pm Courtney		
		Calm Bodies 8:00pm - 9:00pm Linzi			

For real-time class schedules, use the [Loyobo FIT Momence App](#) or check out www.LoyoboFit.com! All class times are listed in EST.

