



# Fall 2024 Class Schedule

Starts Monday Nov 4, 2024.

Mon	Tues	Wed	Thurs	Fri	Sat
<b>Wake Up Club</b> 7:30am - 7:45am	<b>Feel Good Mobility</b> 7:30am - 8:00am		<b>Wake Up Club</b> 7:30am - 7:45am	<b>Strong Bop</b> 7:00am - 7:30am	<b>Strong Bodies</b> 9:00am - 9:30am
Linzi	Christine		Courtney	Tess	Christie
	<b>On Demand Club - Everyday from 6am-9am, 11am - 2pm &amp; 5pm - 9pm</b>				<b>Time For You</b> 9:30am - 10:00am
					Courtney
	<b>Dance It Out</b> 12:15pm - 12:30pm			<b>Dance It Out</b> 12:15pm - 12:30pm	<b>On Demand Weekend Club</b>
	Courtney			Courtney	
					<b>Sun</b>
	<b>*Special Events*</b> 6:00pm - 7:00pm <i>See schedule on Mومence</i>	<b>Loyobo Coaching</b> 6:30pm - 7:30pm	<b>Sweaty Bodies</b> 6:30pm - 6:50pm	<b>Journaling Club</b> Bi-weekly 6:00 - 6:30pm	<b>Calm Bodies</b> 9:00am - 10:00am
<b>Dance It Out</b> 6:30pm - 7:00pm		Courtney	Melissa	Linzi & Courtney	Linzi
<b>Sassy Strong</b> 7:00pm - 7:15pm	<b>Tone &amp; Flex</b> 7:30pm - 8:00pm	<b>Dance It Out</b> 7:40pm - 8:00pm	<b>Yoga</b> 7:00pm - 7:30pm		
Courtney	Courtney	Courtney	Melissa		
<b>Calm Bodies</b> 7:20pm - 7:50pm	<b>Time For You</b> 8:05pm - 8:20pm	<b>Calm Bodies</b> 8:00pm - 9:00pm			
Courtney	Courtney	Linzi			

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

