

SRC Indoor Class Schedule - May 2021

Monday

Tuesday

5:45a-6:35a
Warrior19 w/Tim
SRC Group Ex Studio

9:15a-10:00a
Aqua w/Amy
SRC Pool

Friday

6:00a-6:50a
TRX+ w/Tim
SRC Group Ex Studio

Wednesday

9:00a-10:00a
Yoga w/Lisa H
SRC Group Ex Studio

Saturday

8:30a-9:30a
Yoga w/Steve
SRC Group Ex Studio

Thursday

6:00a-7:00a
Yoga w/Steve
SRC Group Ex Studio

9:15a-10:00a
Aqua w/Amy
SRC Pool

Sunday