

| CLASSES WILL BE HELD VIRTUALLY THROUGH THE LINK BELOW | | | | | |
|---|-------------------------------------|---------|-------------------------------------|----------|---------------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| 10:00 am | | | | | |
| 12:00 pm | | | | | Yoga (with Dominique) (60 min.) |
| 1:00 pm | Pilates (with Leia) (60 min.) | | Pilates (with Kate) (60 min.) | | |

Links:

Yoga: <https://aruplab.webex.com/aruplab/j.php?MTID=m7ae09ad3769f16f65843e8d36bf1574e>

Pilates: <https://aruplab.webex.com/aruplab/j.php?MTID=m81b93393a7f53ef6e7e556528fc0aa5b>