

# **GROUP FITNESS WINTERFEST SCHEDULE**

9:00 - 9:30 am - Rise and Grind Boot Camp

9:30 - 10:00 am - Insanity

10:00 - 10:30 am - Yoga

10:30 - 11:00 am - Kickboxing

11:00 - 11:30 am - Masala Bhangra

11:30 am - 12:00 pm - Zumba