



MARCH GROUP EXERCISE SCHEDULE

Monday

MOSSA RIDE 30
7:15 - 7:45 AM
MOSSA TV*

STRENGTH, STABILITY, STRETCH (SSS)
10:30 - 11:30 AM
Matthew

YOGA FLOW
11:45 - 12:45 PM
Kyoko

HATHA YOGA
1:00 - 2:00 PM
Gordon

TAI CHI
3:00 - 4:30 PM
Helene

HATHA YOGA
4:45 - 5:45 PM
Gordon

SUNSET FLOW
6:00 - 6:45 PM

INDOOR CYCLING
7:00 - 7:45 PM
MOSSA TV*

Tuesday

INTEGRAL YOGA
7:15 - 8:45 AM
Mia

CHAIR YOGA
10:00 - 11:00 AM
Albert (ZOOM)*

SMOOTH & GROOVE DANCE
10:30 - 11:30 PM
Gustavo

GROUP GROOVE
1:30 - 2:00 PM
MOSSA TV*

KIDS YOGA (\$)
4:00 - 4:40 PM
Ashley

YOGA FLOW
5:00 - 6:00 PM
Nina

CYCLING
6:00 - 6:45 PM
Rachel

Wednesday

CYCLING
7:00 - 7:45 AM
MOSSA TV*

STRENGTH, STABILITY, STRETCH (SSS)
10:30 - 11:30 AM
Matthew

BOOT CAMP JAM
1:00 - 2:00 PM
Tia

YOGA FLOW
4:45 PM - 5:45 PM
Emily

BOLLYWOOD
6:00 - 7:00 PM
Manasi

Thursday

YOGA FLOW
6:45 - 7:45 AM
Emily (Starts 3/13)

DANCE FUSION
10:30 - 11:15 AM
Rachel

CHAIR YOGA
12:15-1:00 PM
Bea (ZOOM)*

GROUP ACTIVE
12:30 - 1:15 PM
MOSSA TV*

CARDIO DANCE
6:15 - 7:00 PM
Luly

SUNSET FLOW
7:15 - 8:00PM

CENTERGY YOGA
8:15 - 9:15 PM
MOSSA TV*

Friday

INTEGRAL YOGA
9:30 - 10:45 AM
Marion

STRENGTH, STABILITY, STRETCH (SSS)
11:00 - 12:00 PM
Matthew

BOOT CAMP JAM
1:00 - 2:00 PM
Tia

GROOVE
4:00 - 5:00 PM
MOSSA TV*

LATINO GROOVE
6:00 - 7:00 PM
Gustavo

Saturday

STRETCH & FLOW
8:30 - 9:00 AM
Luly

ZUMBA™
9:15 - 10:15 AM
Carrie

VINYASA YOGA
10:45 - 12:00 PM
Charlene

CYNERGY FLOW
3:00 - 4:00 PM
MOSSA TV*

Sunday

CYNERGY YOGA
12:00 - 1:00 PM
MOSSA TV*

GROUP GROOVE
3:00 - 4:00 PM
MOSSA TV*

KEY

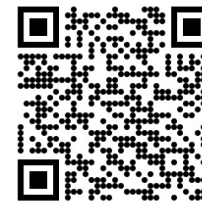
***MOSSA TV** classes are self-led using the TV display.

***ZOOM** classes are available from the comfort of your own home using a computer.

\$ - fee-based class. Must register in advance

DOWNLOAD OUR MOBILE APP!

App Store



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Look up operating hours, class schedules, and access your membership badge all in one place!