



NOVEMBER 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 – 2:30 PM
Gordon

TAI CHI
3:00 – 4:30 PM
Helene

YOGA FLOW
5:15 PM – 6:15 PM
Emily

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

Tuesday

INYEGAR 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*

CYCLING
6:00 – 6:45 PM
Rachel

Wednesday

CYCLING
7:45 – 8:30 AM
MOSSA TV*

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

GROUP ACTIVE
1:00 – 2:00 PM
MOSSA TV*

BOOT CAMP JAM
4:00 – 5:00 PM
Tia

BOLLYWOOD
6:00 – 7:00 PM
Manasi

Karate
7:30 – 9:00 PM
Deke

Thursday

YOGA FLOW
6:45 – 7:45 AM
Emily

DANCE FUSION
10:30 – 11:15 AM
Rachel

CHAIR YOGA
2:00pm – 2:45 PM
Bea (ZOOM)*

GROUP ACTIVE
3:30 – 4:00 PM
MOSSA TV*

GROUP GROOVE
6:00 – 7:00 PM
MOSSA TV*

CENTERGY YOGA
8:30 – 9:15 PM
MOSSA TV*

Friday

INYEGAR YOGA
9:30 – 10:45 AM
Marion

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

GROOVE
1:00 – 2:00 PM
MOSSA TV*

BOOT CAMP JAM
4:00 – 5:00 PM
Tia

LATINO GROOVE
6:00 – 7:00 PM
Gustavo

Saturday

GROOVE
8:30 – 9:00 AM
MOSSA TV*

ZUMBA™
9:15 – 10:15 AM
Carrie

CYNERGY FLOW
3:00 – 4:00 PM
MOSSA TV*

Sunday

YOGA
9:00 – 10:00 AM
Daniel

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

GROUP GROOVE
3:00 – 4:00 PM
MOSSA TV*

KEY

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using the TV display.

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

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