

Group Exercise Substitution Schedule

11/22/21 – 11/23/21

DAY	TIME	CLASS	INSTRUCTOR	SUBSTITUTE
MONDAY	6:00a 9:30a 5:30p	Bootcamp Barre Fusion Yoga Basics	Aaron Santos Janine Marjorie	Fabian Lisa Loralee
TUESDAY	5:15p	Barre Fusion	Janine	Jennifer
WEDNESDAY	Thanksgiving 5-day Group Exercise Schedule begins today! It is posted in-house, on the phone APP and on our website at: www.lakeforesthfc.com .			
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				