

Class Schedule

Monday

12:15pm The Mixx Lifetime Fitness, Berkeley Heights, NJ www.lifetimefitness.com

5:45pm Kickboxing Jam Lifetime Fitness Berkley Heights, NJ

7:30pm Yoga Powerhouse Gym, Bridgewater, NJ

Tuesdays

9am IntenSati Powerhouse Gym Bridgewater, NJ

10am Yoga Powerhouse Gym

5:45pm F.I.T Lifetime Fitness Berkley Heights, NJ

Wednesday

12:05-12:50pm intenSati Johnson & Johnson PRD Raritan, NJ

6:30pm Kickboxing Powerhouse Gym Bridgewater, NJ

Thursday

5:45pm F.I.T Lifetime Fitness Berkley Heights, NJ

7pm Strike Lifetime Fitness Berkley Heights, NJ

Friday

9am Cardio Dance Powerhouse Gym Bridgewater, NJ

10am Yoga Powerhouse Gym

Saturday

8-9am intenSati Powerhouse Gym Bridgewater, NJ

Sunday

9:30am Strong Core TEST Sports Club Martinsville, NJ www.testsportclub.com

10am Yoga Flow TEST Sports Club, Martinsville, NJ