

FITNESS STUDIO

Weekly Schedule

Live Classes

Fitness on Demand

MONDAY

Flex Fitness | 9:30am
Zumba | 6pm

Cardio Move | 6am
Pilates | 12pm | 12:30pm
Yoga | 7pm

TUESDAY

Open

Total Body Strength | 7:30am
Yoga | 10:30am
Kickboxing | 12pm | 12:30pm
Pilates | 8pm

WEDNESDAY

Flex Fitness | 9:30am
Zumba | 6pm

Cardio Move | 6am
Pilates | 12pm | 12:30pm
Yoga | 7pm

THURSDAY

Open

Total Body Strength | 7:30am
Yoga | 10:30am
Kickboxing | 12pm | 12:30pm
Pilates | 8pm

FRIDAY

Flex Fitness | 9:30am

Cardio Move | 6am
Pilates | 12pm | 12:30pm
Pilates | 6pm
Yoga | 7pm

SATURDAY

Open

Yoga | 7:30am
Total Body Strength | 10:30am

SUNDAY

Open

Patrons may use any available opening.

However, please remember that HCC programs, leagues, & rentals will have priority.

Please be courteous if asked to be moved.
This schedule can change without advanced notice.



HARRISONVILLE
Parks & Recreation