

Active members have unlimited access to the live classes in our private Facebook Groups. If you want access, please email [vida@vidafitness.com](mailto:vida@vidafitness.com).

## LIVESTREAM CLASS SCHEDULE

### Monday

7:30am	Cardio Kickboxing	Shanika
12:00pm	Barre	Tami
3:00pm	CircuitX Cut	Sara
5:30pm	CircuitX Shred Lite	George
6:30pm	Vinyasa	Chris

### Tuesday

6:30am	CircuitX Cut	Mike W.
7:30am	Mat Pilates	Andrea
12:00pm	CircuitX Shred Lite	Chris
1:00pm	Killer Core	Chris
5:30pm	Power Yoga	Chris
6:30pm	Cardio Dance	Dion

### Wednesday

7:30am	CircuitX Shred Lite	Tami
12:00pm	Vinyasa	Juliet
3:00pm	CircuitX Burn	Jacqui
5:30pm	CircuitX Cut	Shanika
6:30pm	Barre	Jacqui

### Thursday

7:30am	Vinyasa	Chris
12:00pm	CircuitX Cut	Shanika
1:00pm	Killer Core	Shanika
5:30pm	Mat Pilates	Tami
6:30pm	CircuitX Shred Lite	Jen

### Friday

6:30am	Barre	Michaela
7:30am	CircuitX Cut	Mike W.
12:00pm	Cardio Dance	Michaela
3:00pm	Yoga for Athletes	Chris
5:30pm	CircuitX Burn	Sara

### Saturday

8:30am	CircuitX Shred Lite	Michaela
10:00am	Power Yoga	JoAnn
11:30am	Cardio Kickboxing	Shanika
1:00pm	Barre	Tami
2:30pm	CircuitX Cut	Sara

### Sunday

9:00am	Mat Pilates	Jacqui
10:30am	CircuitX Cut	Michaela
SPECIAL EVENT   Mobility & Mimosas   11:30am - 12:15pm		
12:15pm	Vinyasa	Juliet
1:30pm	Cardio Dance	Michaela
3:00pm	CircuitX Burn	Tami