



# Winter 2025 Class Schedule

Starts Monday Jan 6, 2025.

Mon	Tues	Wed	Thurs	Fri	Sat
	<b>Feel Good Mobility</b> 7:30am - 8:00am Christine			<b>Strong Bop</b> 7:00am - 7:30am Tess	<b>Strong Bodies</b> 9:00am - 9:30am Christie
	<b>On Demand Club - Everyday from 6am-9am, 11am - 2pm &amp; 5pm - 9pm</b>				<b>Time For You</b> 9:30am - 9:45am Christie
	<b>Dance It Out</b> 12:15pm - 12:30pm Courtney			<b>Dance It Out</b> 12:15pm - 12:30pm Courtney	<b>On Demand Weekend Club</b>
<b>Dance It Out</b> 6:30pm - 7:00pm Courtney		<b>Loyobo Coaching</b> 6:30pm - 7:30pm Courtney		<b>Journaling Club</b> <b>Bi-weekly 6:00 - 6:30pm</b> Linzi & Courtney	<b>Sun</b> <b>Calm Bodies</b> 9:00am - 10:00am Linzi
	<b>*Special Events*</b> <b>6:00pm - 7:00pm</b> <i>See schedule on Momenca</i>	<b>Dance It Out</b> 7:40pm - 8:00pm Courtney	<b>Sweaty Bodies</b> 7:00pm - 7:20pm Melissa		
<b>Calm Bodies</b> 7:20pm - 7:50pm Courtney	<b>Tone &amp; Flex</b> 7:30pm - 8:00pm Courtney	<b>Calm Bodies</b> 8:00pm - 9:00pm Linzi	<b>Calm Bodies</b> 7:30pm - 8:00pm Melissa		



[For real-time class schedules, use the Loyobo FIT Momenca App or check out www.LoyoboFit.com!](#) All class times are listed in EST.