

AGRILIFE VIRTUAL FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginner Kickboxing - Cathie	Stretching & Meditation – Cynthia K	Core Exercises - Cathie	Bodyweight Strength - Cathie	Advanced Kickboxing - Cathie
<i>12:00 – 12:40 pm</i>	<i>12:00 – 12:40 pm</i>	<i>12:00 - 12:40 pm</i>	<i>12:00 – 12:40 pm</i>	<i>12:00 – 12:40 pm</i>
Meeting link	Meeting Link	Meeting Link	Meeting Link	Meeting Link
Meeting ID: 773 8169 1294	Meeting ID: 670 989 3567	Meeting ID: 773 8169 1294	Meeting ID: 773 8169 1294	Meeting ID: 773 8169 1294
Password: Cathie	Passcode: FitU2	Password: Cathie	Password: Cathie	Password: Cathie
All Levels Strength/Cardio Circuit – Lauren Coleman	Zumba – Lauren Coleman	All Levels Strength/Cardio Circuit – Lauren Coleman	Zumba – Lauren Coleman	Fitness Fusion – Lauren Coleman
<i>12:00 pm</i>	<i>12:00 - 12:40 pm</i>	<i>12:00 pm</i>	<i>12:00 – 12:40 pm</i>	<i>12:00 – 12:40</i>
Meeting Link	Meeting Link	Meeting Link	Meeting Link	Meeting Link
Meeting ID: 916 9504 0559	Meeting ID: 947 1631 3676	Meeting ID: 916 9504 0559	Meeting ID: 939 4779 6745	Meeting ID: 939 4779 6745
Password: BODY	Password: ZUMBA	Password: BODY	Password: ZUMBA	Password: ZUMBA
Bodyweight Strength - Cathie		Zumba - Julie	High Intensity Body Weight – Cynthia K.	
<i>5:15 – 6:10 pm</i>		<i>6:00 pm</i>	<i>5:15 – 6:00 pm</i>	
Meeting Link		Meeting Link	Meeting Link	
Meeting ID: 773 8169 1294		Meeting ID: 841 3887 7262	Meeting ID: 670 989 3567	
Password: Cathie		Password: ZUMBA	Passcode: FitU2	