



TMPO Activity Center

In-Person Group Exercise Schedule

All fitness levels are welcome!

TIME ZONE (EST)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00a – 5:30a		<i>Ab's By Andy</i>		<i>Ab's By Andy</i>	
3:15p – 3:45p	<i>Core & More By Sidney</i>		<i>Core & More By Sidney</i>		<i>HITT With Triston</i>