

# VIRTUAL GROUP FITNESS SCHEDULE

OCTOBER 10 - NOVEMBER 7

## MONDAY

7:30am - 8:15am  
**HIIT with Serena**

Meeting ID: 959 1966 4531

12:00pm - 12:35pm  
**BODY WEIGHT HIIT  
with Serena**

Meeting ID: 912 9711 5727

6:30pm - 7:15pm  
**SLOW FLOW & MEDITATION  
with Kay**

Meeting ID: 949 9100 5717

## TUESDAY

7:30am - 8:15am  
**SUNRISE YOGA with Jenn**

Meeting ID: 959 1966 4531

12:00pm - 12:35pm  
**FLOW & STRETCH EXPRESS  
with Jenn**

Meeting ID: 912 9711 5727

6:30pm - 7:15pm  
**POWER YOGA with Kay**

Meeting ID: 949 9100 5717

## WEDNESDAY

7:30am - 8:15am  
**YOGALATES with Jenn**

Meeting ID: 959 1966 4531

12:00pm - 12:35pm  
**YOGA FLOW with Jenn**

Meeting ID: 912 9711 5727

6:30pm - 7:15pm  
**HIIT with Simona**

Meeting ID: 949 9100 5717

## THURSDAY

7:30am - 8:15am  
**BODY WEIGHT HIIT with Serena**

Meeting ID: 959 1966 4531

12:00pm - 12:35pm  
**HIIT with Simona**

Meeting ID: 912 9711 5727

6:30pm - 7:15pm  
**YOGALATES with Jenn**

Meeting ID: 949 9100 5717

## FRIDAY

7:30am - 8:15am  
**SUNRISE YOGA with Serena**

Meeting ID: 959 1966 4531

12:00pm - 12:35pm  
**YOGA FLOW with Kay**

Meeting ID: 912 9711 5727

6:30pm - 7:15pm  
**SLOW FLOW with Josie**

Meeting ID: 949 9100 5717

## SATURDAY

10:00am - 10:45am  
**HIIT with Serena/Jenn**

Meeting ID: 977 0278 4746

---

11:00am - 11:45am  
**YOGA FLOW with Josie**

Meeting ID: 910 9913 0544

## SUNDAY

10:00am - 10:45am  
**HIIT with Simona**

Meeting ID: 977 0278 4746

---

11:00am - 11:45am  
**YOGA FLOW with Kay**

Meeting ID: 910 9913 0544

All Virtual Group Fitness classes are complimentary and available on Zoom. Click on the class to join, or use the **MEETING ID** located below each class.

*For more information, please email [fitness@10XTO.com](mailto:fitness@10XTO.com)*